



GoodFood

Fasting, feasting

MIDDLE EAST

- * Ramadan in the UAE
- * Middle Eastern recipes
- * Expert health advice

SEASON'S EATING

Summer berries
at their best

SOS!

Your holiday cooking
dilemmas – sorted

Easy entertaining

James Martin's favourite
sharing dishes

PLUS: Pro-skills
made simple



FREE

* DESSERT
RECIPE BOOKLET

Bithith - recipe, pg 46

Dusit Thani

DUBAI



Sunday

SOUTH ASIAN NIGHT

Indian, Sri Lankan,
Bangladesh themed

Tuesday

CURRY NIGHT

Monday

SOUTH EAST ASIAN NIGHT

Chinese, Japanese,
Korean, Vietnamese,
Thai themed

Wednesday

NEW ORLEANS

Thursday

DEEP BLUE

Friday

ARABIC NIGHT

The Californian

Located on the 24th floor, featuring a breathtaking view of Burj downtown, The Californian restaurant offers a wide variety of sumptuous dishes ranging from South Asian, South East Asian, New Orleans, Arabic dishes and Deep Blue Ocean selection.

South Asian, South East Asian, Curry Night, New Orleans, Arabic Night

AED 150 per person inclusive of selected house beverage

AED 125 per person inclusive of soft drinks and juices

AED 115 per person on food only

Deep Blue Ocean Theme Night

AED 210 per person inclusive of selected house beverage

AED 165 per person inclusive of soft drinks and juices

AED 135 per person on food only

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EDITOR'S NOTE

A fter the sunset

One of the best things about Ramadan falling during the summer months is that it injects some festive vigour into what are otherwise a slow, sleepy few months. But it must make life a little bit harder for those fasting. As someone who grazes all

day in the office, I have tremendous respect for the people who embrace the spirit of the Holy Month by going without food and water for hours.

It does have an impact on your health however, which is why it's never more important to eat right than during this month. We asked the experts for their advice on how to have a healthy Ramadan, make sure you read the article on p36 before beginning your fast. Keeping these useful tips in mind, you can turn your attention to the fun bit – all the feasting after sunset! Food seems such an integral part of the spirituality of Ramadan, with most traditions intertwined with family get-togethers around Iftar, and the shared excitement of a pre-fast Suhoor. That is the one thing all the countries celebrating Ramadan have in common, wherever in the world it may be.

While the Middle East is broadly seen as having one single culture, each country has its own unique traditions and foods, however. We got six gourmards from six countries around the region to share their favourite Ramadan recipes and memories, find them on p27. And if this seems the perfect time to discover some local cuisine, then try out the authentic Emirati recipes on p44 from a chef who caters for the royal family, no less!

Going out for Iftar is as much a part of Ramadan festivities as cooking at home is, so we've also rounded up the best restaurant offers around town (p19) – plus we're giving away some fabulous Iftar vouchers, turn to our competitions on p108 for details.

There's also plenty of non-Ramadan foodie inspiration in this issue, from beautiful desserts highlighting summer's abundance of fruit, and clever ideas for relaxed entertaining, to delicious ways to reap the nutritional benefits of dairy.

Whether you're fasting or not, make sure to stay happy and healthy this month. Ramadan Kareem!

Sudeshna

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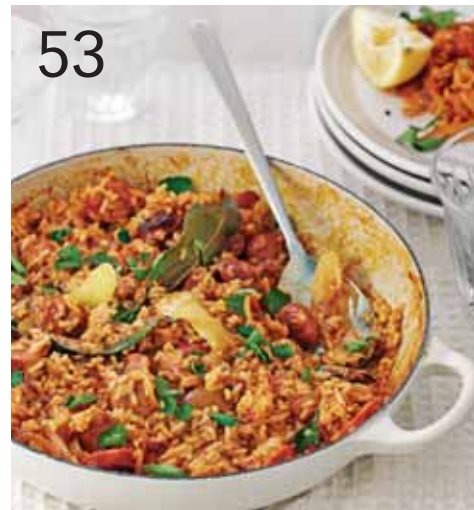
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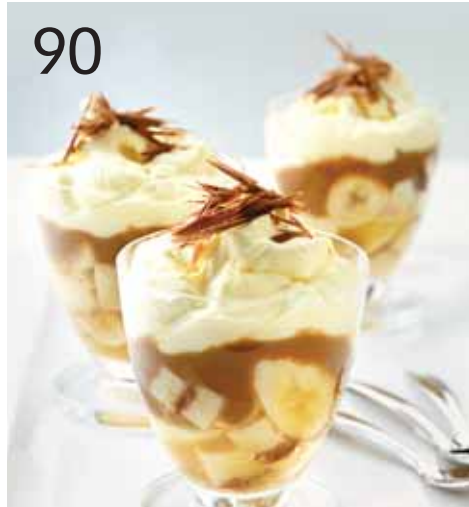
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Get to know the face behind the food blog you've been savouring.

Our recipe descriptions

- V** Suitable for vegetarians
- F** You can freeze it
- N** Not suitable for freezing
- P** Contains pork
- A** Contains alcohol
- SH** Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- LF** Low fat 12g or less per portion.
- GF** Good for you Low in saturated fat, low in salt.
- HH** Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

FYI!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **A**

Your say

FRESH AND APPEALING

I really enjoy going through *BBC Good Food ME* magazine. I believe it is the only relevant magazine for real foodies of this region. The overall look and feel and layout of the magazine is refreshing, bright and appealing. I also like how you have a good mix of naughty treats and healthy ideas and that most of the recipes are do-able without a need for unheard-of ingredients and gadgets. You have kept both novice and professional cooks in mind! In your last issue for example, I found the *Learn to joint a chicken* article (June 2012) very helpful with its step-by-step instructions.

Tehzeeb



Star Letter

FOR BETTER OR FOR VERSE

It isn't often that a bon vivant like me finds a magazine that suits me to a Tee.

There are recipes and tips and pictures galore and information that a foodie would adore.

With the onset of summer, the heat and humidity is a bummer.

But the cover picture was appetising and cooling, and had the whole family chilled out and drooling.

BBC Good Food ME encourages the nervous chef, and goads you on till you achieve success.

Once you join the Club you're completely



hooked. Make sure that the next Masterclass has you booked.

Now if you aren't already a brand new gourmand, subscribe to 'Good Food' and it'll encourage you to try your hand.

Once you've mastered the creative epicurean art, you'll be baking turkeys, cakes and pies and the occasional tart.

So here's a tip from a diehard fan. When it comes to cooking, everybody can.

The 'fine dining' and 'eating' doesn't take a pro, it's a journey that we all adore and beg for more.

Subscribing to the publication will bring you joy and gaiety and like me, you too will be inspired to write poetry.

Lianne Falk

Win!

The writer of the Star Letter wins a fabulous Tefal ActiFry worth Dhs999. This unique gadget introduces a healthy new method for frying anything from fries to chicken using only one spoon of oil. A must-have for any healthy household!



KEEP IT COOL

First of all, I want to thank you for the tremendous job you guys are doing by providing us with healthy recipes. The June edition is so special since summer has already begun. The recipes and juice recipes were amazing. I had guests come over for a month & we would just chill and drink these lovely mocktails.

The best part of the June edition was *Just add Veg* and *8 Great ways to Chill Out*. I just love all the recipes featured in your magazine every month, thank you for bringing & highlighting different kinds of recipes from around the world. I always keep the copies and never throw them away.

Kiran Kathpal

A WORLD OF CHOICE

I love the colourful images in every issue as it makes me want to cook the dishes. The restaurant reviews are informative too. However, please do suggest kid-friendly options as well.

The fact that local ingredients are used in recipes is great, but it would be good if you could also show substitutes for recipes that contain pork and alcohol, as I hate missing out on them.

Justyna Potocki



A GIFT OF LOVE

I am a new subscriber to *BBC GoodFood Middle East* and was pleasantly surprised by the variety at offer. It's a foodie's delight! It is a pretty great magazine for those who enjoy the finer things in life. Being an explorer of food, always looking for new cuisines and recipes to rustle up in my kitchen, this was the best gift my fiancé could have got me.

After all, one cannot think well, love well, sleep well, if one has not dined well. You can't just eat good food, you've got to talk about it too. Cheers to the team – you guys do a fabulous job!

Rupal Kamat

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.



You can also connect with us on facebook – www.facebook.com/bbcgoodfoodme



Follow us on twitter @bbcgoodfoodme
Follow us on Pinterest [bbcgoodfoodme](https://www.pinterest.com/bbcgoodfoodme)

Or, you could write to us at:

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We asked you...

Facebook poll:

What is the kitchen chore you hate the most?

64% Washing up

13% Chopping & peeling

21% Deciding what to cook

2% Cleaning the oven



The perfect recipe for the season.

Ramadan Kareem from Bosch – Europe's No.1.



**BOSCH
RAMADAN
REWARDS**



**German
Engineered**
Europe's No. 1



Bosch strives to improve everyday quality of life with a wide range of small kitchen appliances. Choose from a wide range of stylish food processors, hand blenders, juice extractors, food slicers, toasters and much more. So that whatever meal you choose to prepare this Ramadan, just add Bosch. www.bosch-home.com



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Foodie moments

What's hot and happening in the culinary world, here and around the globe.

DINE IN THE CITY

4 fab new restaurants to check out:

- * Curry gets a glamorous makeover at Signature by Sanjeev Kapoor. With the celebrity chef in attendance at the opening, the Indian restaurant at the newly opened Melia Hotel in Bur Dubai, offers inventive delicacies like lobster biryani and shrikhand with rose petal jelly, alongside the popular favourites like chaats and kebabs. Call 04-3868111.
- * One of Dubai's best kept secrets is now out in the open! Seven Sands, on the 33rd floor of the World Trade Club, Trade Centre tower, previously part of a private club, serves up surprises in every mouthful in the shape of contemporary European cuisine, accompanied by stunning views of the Dubai skyline. Call 04-3097979.
- * Take a break from shopping to stop by the new Marks & Spencer cafe at their flagship store in Dubai Festival City, to try out delectable chocolate tarts and fair trade coffee and tea. They also serve hot meals for quick lunches on the go. Call 04-2066466.
- * At last, a good Vietnamese restaurant in town without five-star prices to match! Check out Hanoi in Jumeirah Lake Towers, Dubai, and Al Reem Island and Khalifa street in Abu Dhabi, to discover the fresh, light flavours of this unique Asian cuisine, in a casual setting. Call 055-5703359.

Save the date!

Spend quality time with your partner and learn the tricks of the trade from chef Alessandro at a private cooking class in Armani Ristorante. Enjoy a four hour, in-depth class in Italian cuisine, followed by a gourmet seasonal three-course lunch featuring artichoke salad, fresh baby spinach and smoked ricotta, fillet of wild sea bass with braised artichokes, potatoes and olives. Available on July 13 for Dhs1,000 per couple, with paired beverages. Call 04-8883444.



Now for some sprinkles!

We get excited whenever we hear the word cupcake, which is why we want to spread the news of the upcoming opening of the popular Beverly Hills cupcake bakery, Sprinkles Cupcakes, coming soon to the Middle East. Watch this space for details!

SMART FOOD SWAPS



230
calories

1 chocolate Swiss roll
(71g)



158
calories
1 serving of
pistachios
(49 kernels)

Swap for:

105
calories
5 dried figs

111
calories
1 oz of yoghurt
coated raisins



Food on click

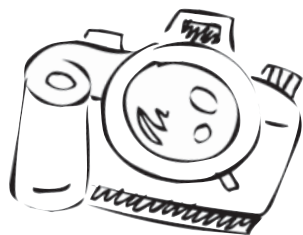
Love food and technology? You'll love these:

* For all Blackberry fans, if you are looking for some culinary inspiration on your way home from work, check out What to Cook – an app with over 2,000 recipes that are quick and easy. For Arabic food lovers, you can also download the Arabic Food app that has a step by step guide to Arabic recipes.

* Roundmenu, a newly launched restaurant website lets you choose the restaurant you wish to dine at, according to cuisine, location and hotel and read through the reviews, while finding out savings per meal if you book through the website. Dhs5 is charged upon booking a promotion, but we think it is well worth it, considering you get buy-one-get-one-free deals as well as heavy discounts. What's more, they also have apps for I-phone, Blackberry and Android phones. Visit roundmenu.com.

SAY CHEESE!

More café has teamed up with Ductac to launch a Summer Fun themed photography competition. Log onto ductac.org to upload pictures before 30th August 2012. Winners will receive a digital photography course at Ductac as well as afternoon tea and brunches at More café. The competition is opened to ages 8 and above.



Chocoholic alert

Nutella junkies can now indulge in a whole dessert menu dedicated to this hazelnut chocolate spread, at Switch restaurant in Dubai Mall. There's chocolate pizza, fondant, waffles, puffs, brownies, crepes and more on offer. Yum! Call 04-3399131.



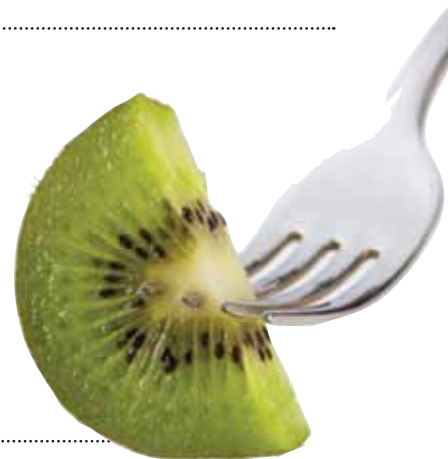
Gourmet on the go



We're loving the idea of mobile Food Trucks, something that has taken Sydney by storm of late. Already popular in some other cities, these mobile vans are usually headed by gourmet chefs from top restaurants, and offer five-star standard food – think Asian street-style snacks and slow-cooked Mexican treats – in bite-sized portions, at affordable prices. Filling a gap between good restaurants and takeaway outlets, they seem a convenient option for busy professionals, who don't want to settle for mediocre food. Now, we're hoping it's only a matter of time before the concept comes here!

A fruity snack

Bite into a fresh, juicy kiwifruit for a health kick that is refreshingly delicious too. This super fruit is not only fat-free, but is also a great source of Vitamin C, E, antioxidants, magnesium and fibre. Kiwis make for a great snack as is, but can also be used for various fruit-based recipes such as smoothies and salads. Visit zespri.com for recipe ideas.



Kids summer camps



It's summertime! Make sure kids are kept occupied with fun foodie activities this summer and don't end up becoming couch potatoes – that is if they can take their hands off the Xbox! Here's are two summer camps that will keep them busy and ignite their culinary interests, this summer.

* Le Royal Meridien Abu Dhabi is hosting a weekly programme with activities such as cooking lessons with a chef, arts and crafts, indoor games, swimming, martial arts, dancing and yacht cruising. The camp runs until July 19 and prices start from Dhs750. Call 02-6950470.

* Children can enjoy a trip to Wild Wadi and take part in cooking classes, kid's fitness classes and more at Sinbad's Kids Club, Jumeirah Beach Hotel. The camp runs until August 2 and is priced from Dhs100 per day for members, and Dhs200 for non-members.



Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.

Q Whenever I knead dough it tends to stick to my hands. Please suggest a tip to keep it from sticking and becoming a complete mess?

A. Try making the dough in a food processor as this will allow the ingredients to be incorporated evenly. However, if you want to engage in the therapeutic activity of kneading dough, dip your fingers into flour before kneading on a lightly floured surface. Make a well with all the dry ingredients, slowly pour in the liquids then with a fork, bring it all in together slowly from the edges.



Q There are so many delicious mushrooms available on the market at the moment, and I am worried they will go out of season soon. Could you suggest a few ways of preserving them for the upcoming seasons?

A. I recommend two simple methods for preserving mushrooms – freezing or drying. Before doing either, make sure the mushrooms are cleaned properly by trimming off the woody ends, remove any dirt with a stiff pastry brush and a damp cloth. In this climate, the best way of preserving is by drying them in the sun, on a netted covered tray, in a shaded area. These can be used in soups and stews. To freeze, place them on a wired rack and dry until firm to touch, then quick freeze on trays and place in ziplock bags. The frozen mushrooms can be used to make a creamy, rich mushroom sauce.

Q I have just invested in an expensive set of cast iron cooking pans. What tips do you have for their care, in order for them to last as long as possible?



A. Well done! A good set of pans are essential for good cooking, and untreated cast iron pots and pans are great as they heat consistently and evenly, allowing precise cooking temperatures. Always read the manufacturer's guidelines closely, as some pots and pans are coated with enamel or other protective coatings, and may need to be treated according to their instructions.

Before you start using your new pans, start the process by scrubbing the pan with hot soapy water and a scouring pad – this will remove the

factory's protective coating. Dry the pan with a kitchen towel and using a fresh kitchen paper, rub a thin layer of vegetable oil on the pan. Place upside down on a metal – try it covered with aluminum foil – in the centre shelf of an oven preheated to 200-220C for 30 minutes. Turn oven off and allow the pan to cool to room temperature. Repeat the process two or three times and make sure to never put the pan in the dishwasher, just wash with soapy water, rinse and dry with kitchen towel, followed by a thin film of oil on a dry cloth.

Q I've heard Tamari sauce is healthy but am not sure how to use it when cooking. Any suggestions?

A. Tamari sauce is made from fermented soya bean, and unlike its counterpart soya sauce, it is 100 per cent wheat free and perfect for those who eat a gluten free diet. The sauce originated in Japan, has a soft rich aroma, and can be used as an alternative for soy sauce in many cases. It is great for flavouring stir-fried vegetables or meat (similar to flavouring with teriyaki sauce), fish and soups, adding a subtly sweet taste.

Andy's ingredient of the month

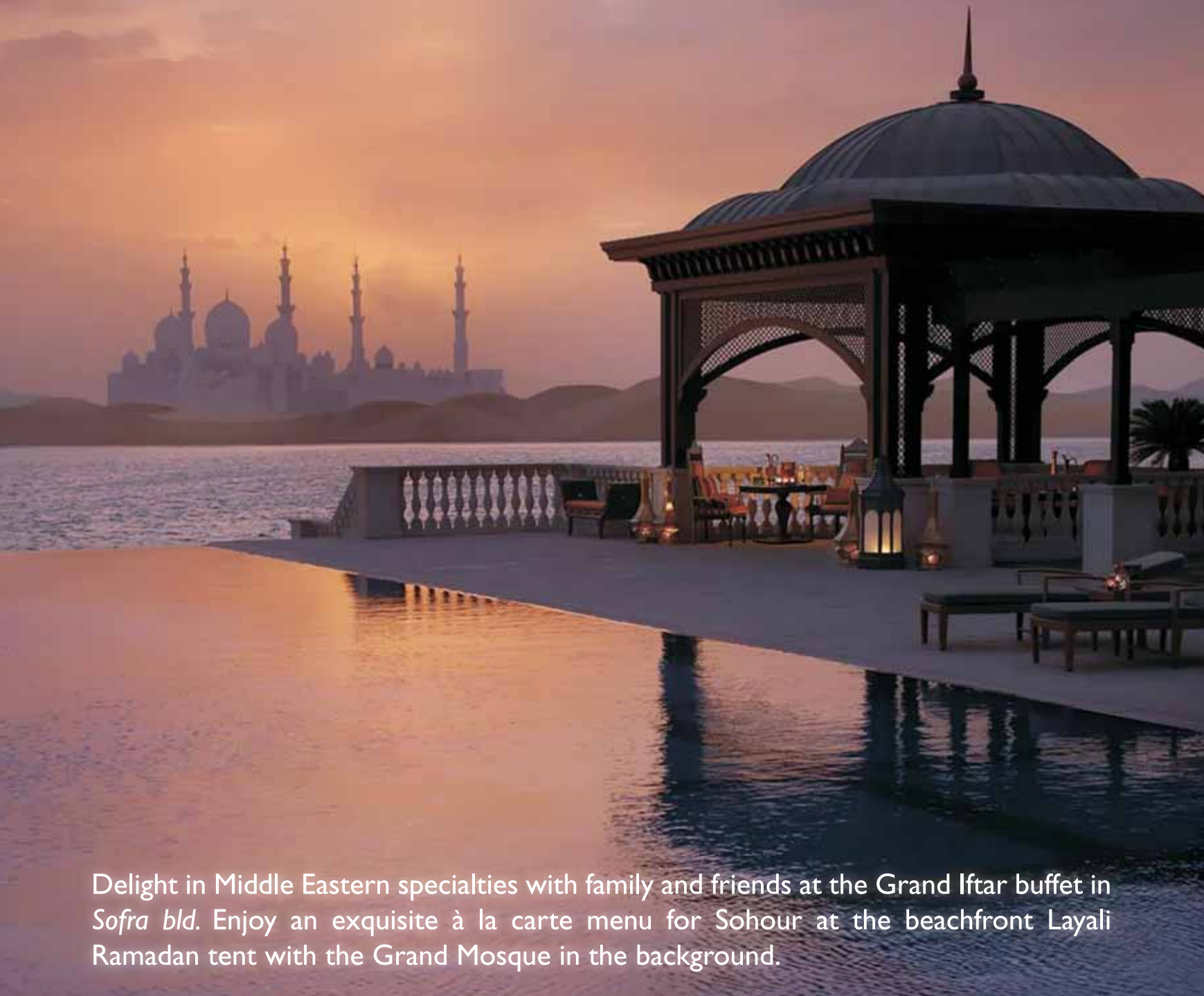
Dates are available at every supermarket and farm this time of the year. They are a great source of vitamins and minerals, and are high in potassium. They also contain natural sugars and are easily digestible. Use them in salads, stuffed with cheese, added to lamb stews, or made into a syrup to glaze grilled fish or poultry.



Got a cooking question you need answered? Write in to us at feedback@bbcgoodfoodme.com. To find out more about Chef Andy, visit chefandycampbell.com.



Your culinary journey begins
as the sun sets



Delight in Middle Eastern specialties with family and friends at the Grand Iftar buffet in *Sofra bld*. Enjoy an exquisite à la carte menu for Sohour at the beachfront Layali Ramadan tent with the Grand Mosque in the background.



فندق شانغريلا، قرية البري
Shangri-La hotel
QARYAT AL BERI, ABU DHABI

- *Sofra bld*'s Grand Iftar at Dhs199++ per person including Ramadan beverages. Available from sunset onwards.
- Sohour in the Ramadan tent starts from 8:30pm onwards. Shisha and live entertainment are available.
- Call 971 2 509 8555 for bookings or email restaurantreservations,slad@shangri-la.com.
- Call the Events Team at 971 2 509 8888 for group bookings.



sofra bld



CELEBRATE THE RAMADAN SEASON AT

The Address DUBAI MARINA

Break your fast this Ramadan season with a traditional Arabian experience, everything from a fabulous Iftar through to Suhoor. Share the spirit and flavours of the season with family and friends over shisha and a game of backgammon at The Address Dubai Marina, for an experience to remember.

Join us for a delicious Iftar offering, with all your seasonal favourites, in the stylish setting of our Constellation Ballroom. Extend the evening with an à la carte Suhoor menu of Arabic flavours in the relaxed ambience of our contemporary terrace tent.

Special Iftar Price: AED 140 per person
Iftar buffet available from sunset until 8:30pm
Suhoor menu served from 8pm onwards

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THE ADDRESS
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WHERE *life* HAPPENS

On test: Food processors

Essential home gadgets reviewed.



Braun Multiquick 5

This claims to be a 'unique food preparation center for small and large jobs', thanks to a clever two bowl combination – a small blender and a large multi-functional bowl that coexist on the same food processor base.

What we liked: Its main advantage is the ability to do multiple processing jobs without

the need to keep cleaning up. The small chopper bowl runs from 1,200 to 10,000 RPM – the slower speeds mean you can chop onions or other soft vegetables, the higher ones easily produce smooth purees or dips. Prepared ingredients can be added to the larger bowl for further processing.

The big bowl is useful for a variety of heavy duty tasks – mixing or blending up to two litres of liquids, dealing with up to 1.5kg of dough or chopping/slicing meat. It comes with a good selection of tools for dough, whipping, grating, slicing, shredding and chopping. There's even a French fries attachment! Overall, it's functional and practical, sturdy and good-looking.

What we didn't like: The main advantage of the Multiquick 5 is also its weak point – the two bowl system means it takes up a lot of space. There are some issues with chopping soft vegetables like onions, in that the final chopped sizes are not easy to control and they are not always uniform. These seem like small niggles though, in what is otherwise a great machine for food enthusiasts. It feels as if it will stand up to a lot of use, so it probably isn't ideal if you're only likely to use it once in a while.

To buy: Dhs785, available at leading outlets and supermarkets.



Kitchen Aid Artisan 5KPM775

This high-end food processor is made of die-cast metal for durability and has an induction motor that automatically adjusts its speed for the job in hand. Attachments included are a 2.8 litre work bowl and 950 ml mini bowl, among other great features like numerous blades and attachments. It also has a unique feature that can be adapted to make desserts such as meringues.

What we liked: The slicer attachment makes it perfect for chopping, dicing and juliennes. It's extremely user-friendly and convenient, as the mini bowl can hold more than one ingredient without having to wash the large bowl midway to continue the recipe. The dough kneads evenly and can be used to make cookie dough and bread.

What we didn't like: I struggled to find a complaint with the machine, but if I had to say something, it would be that the mini bowl has to be pulled hard to remove, which can cause the items inside to fall out. I also noticed that once washed, the handle was filled with moisture and took time to air out. While a great gadget, it isn't, however, for those who prefer a less noisy option.

To buy: Dhs2,350, available at Al Ghandi Electronics outlets.

Moulinex Masterchef 8000

This sleek food processor comes in various colours and not only looks great on the kitchen counter, but is also highly functional, with its multiple attachments. It includes a staggering variety of accessories such as a juice extractor with a metal grid for more powerful juice extraction, blender, metal whisk, dough blade, citrus press, metal disc for thin slicing and grating, metal blade, spatula and various bowls.

What we liked: Though a processor is intended for other, much tougher tasks, I decided to begin with the citrus press, which worked perfectly to extract all the juice possible. Speed can be adjusted according to your liking; however, recommended speeds are indicated on the device with a symbol – which is rather helpful for someone like me who isn't fond of reading manuals. The slicer is perfect for chopping and julienning, while blending makes the task much easier than usual – the attachment is great for chutneys, soups and dips.

What we didn't like: If you aren't good with diagrams it might take a bit of time to figure out how to assemble the attachments. That said, there is a detailed manual for those who like to thoroughly read the instructions before setting up!

To buy: Dhs889, available at leading outlets and supermarkets.



Off the shelf

Gorgeous gourmet buys, kitchen gear, foodie accessories, home décor and more.



Load up your office drawer with these delicious range of snacks from **JONES THE GROCER**. From chocolate coated honeycomb to orange and poppy seed shortbread, they will come in handy for those 4pm snack attacks. You'll thank us later! From Dhs25.



There's nothing more cooling than an ice popsicle, after a day out and about in the heat. This Zoku quick pop maker for Dhs199 from **IT'SUGAR**, makes freeze pops in just seven minutes! Experiment with yoghurt, fruits and freshly squeezed juices.

Now you have a reason to ask, "Who's the prettiest of them all?" with this stylish Sharlene mirror from **THE ONE**, Dhs699.



There's nothing worse than not having a bottle opener on hand to open fizzy drink bottles, or worse, a trip to the dentist because you tried popping it open with your teeth! Make sure these quirky bottle openers from **HARVEST HOME**, Dhs50, are within reach at all times.



Keep your keys and other essentials handy in this eye-catching Purple tape mosaic bowl that will look great on a console in the hallway. Dhs299 from **LIFESTYLE**.



If you crave fresh and healthy homemade meals for lunch, you'll love the Box appétit. The roomy boxes are made up of a removable and microwave safe bowl, perfect for a refreshing soup, a lift out section for salad dressing, and a glass-like lid to keep crackers and fruit, fresh and crisp. Dhs109 onwards at **LAKELAND**.



Give your kitchen counter a retro flair with these country-style canisters from **@HOME**, from Dhs49 onwards.



Visiting a friend? Bake a batch of brownies or cookies and present them in this pretty vintage tin box, and your domestic goddess cred will go through the roof. Dhs85 from **MAGNOLIA BAKERY**.

homesrus

Simply Homemaking



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Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.



AZ.U.R.



Belgian Beer Café

Live La Vida Loca

For Italian with gorgeous views of the marina, head down to **AZ.U.R. at the Dubai Marriott Harbour Hotel & Suites**. Their bargain set menu offers authentic dishes from various regions such as Toscana and Sicilia – think calzones, fried calamari and risotto. *Set menu with one beverage is Dhs115 per head, on Wednesdays and Fridays. Call 04-3194794*



Curry or a roast?

Head down to Links restaurant, at the Address Dubai Montgomerie to feast on a traditional English roast with all the trimmings, accompanied by your favourite beverages, while taking in all action of the English Premier League games, with family and friends.

Available on Sundays for Dhs75 per head.

You can also try spicy, exotic Sri Lankan cuisine at their themed nights at Bunkers, sampling curries, string hoppers and other specialties.

Available Sunday-Wednesday, from Dhs35 onwards for à la carte menu. Call 04-3905600.



Sizzling summer deal

Aquarium, at the Dubai Creek Golf & Yacht Club, has turned up the heat with their Summer Sizzler package. A three course meal including seafood specialties such as grilled lobsters, garlic prawns, salmon with a selection of accompaniments, pan fried sole with citrus foam, plus prime beef fillet with truffle chiboust, caramelised endives and gaufrette potato, is on offer at a great price. *Dhs145 per head, from Sunday to Thursdays for lunch and dinner and Friday's for dinner. Call 04-2956000.*

Irish delights

Feast on a range of Irish delicacies at **Fire & Ice, Raffles Dubai**, such as Guinness steak pie, dry aged grass fed beef, oysters and a decadent bailey's cheesecake. *Available until July 15th. Call 04-3248888.*

A comfort food menu

Known for their spectacular range of beers and finger-licking good snacks, **Belgian Beer Café** has recently launched a new menu with a delicious range of sauces such as white wine, garlic and cream, cognac and curry to pair with mussels, steak tartar, cheese croquets and last but not the least, Belgium waffles and crispy apple tart with ice cream. *Call 04-4299999.*



Flavours from China

Looking for a light and healthy menu to suit the summer heat? **Royal China, DIFC**, has recently revamped their menu to include new items such as steamed Chilean sea bass with ginger spring onion, roasted duck in sauce and chilli prawn dumpling in soup, among other refreshing options.

Available daily. Call 04-3545543.

Sweet sensation

This white and dark chocolate mousse dessert sets off the smooth and crunchy texture of the Caramel Crunch ice cream perfectly. Executive chef Khalid Abdelghafar from Kempinski Nile hotel, Cairo, shows us how to create a decadent dessert.



Chef Khalid Abdelghafar

"The mousse is an excellent pairing with the ice cream's flavours."

Chocolate mousse duo

INGREDIENTS

For the custard:

65g liquid cream

65g full fat milk

25g egg yolk

15g fine sugar

For the white chocolate mousse:

170g basic custard

2g gelatine

225g white chocolate, finely chopped

250g whipping cream

For the dark chocolate mousse:

150g full fat milk

300g whipping cream

180g dark chocolate (66%)

METHOD

1 To make the custard, beat the egg yolk and sugar until you reach a firm texture. Boil the cream and milk and remove from the stove. Pour the liquid over the first mixture and place back on the stove. Cook at 82°C then set aside.

2 To make the white chocolate mousse, add the gelatine to the milk and boil. Combine white chocolate and the custard until you get a shiny texture.

3 Cool down to 55°C and slowly add whipping cream. Reserve at 5°C for minimum of 4 hours.

4 To make the dark chocolate mousse, boil the milk and add dark chocolate. Set aside to cool. In a separate bowl, whisk the whipping cream and dark chocolate mixture together and cook at 55°C. Reserve for minimum of 4 hours.

5 To plate, pour the dark and white chocolate mousse in a glass by using a piping bag, place a scoop of ice cream on top and drizzle with caramel sauce.

Make this with:



1 The sweetness of white chocolate is toned down by the bittersweet dark chocolate.



2 The caramel sauce brings all the flavours together.



3 Garnish with a sprig of mint and berries to add a refreshing touch.



CARAMEL CRUNCH

Mouthwatering butterscotch ice cream and delicious caramelised cashew nuts.

EMBRACE THE SPIRIT OF RAMADAN

Ramadan Kareem

At Sofitel Dubai Jumeirah Beach, a delightful combination of Arabic specialities awaits you in the enchanting air-conditioned Al Khaimah Tent. Be our guest and enjoy delectable authentic local delicacies to please every palate and create a truly memorable occasion.

Special features: Oud player, flavoured shisha and a variety of games

**IFTAR BUFFET AT AOC FRENCH BRASSERIE | SUNSET TO 11.30PM
AED 160 PER PERSON**

SUHOOR A LA CARTE AT AL KHAIMAH TENT | 9.00PM TO 4.00AM

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S O F I T E L
LUXURY HOTELS

Life is Magnifique



R amadan special

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رمضان كريم

Enjoy a unique
Ramadan experience
at the luxurious
Meydan Hotel.



Join us for Suhour at The Meydan Majlis or break your fast with Iftar at Farriers Restaurant. Whenever and wherever you choose to dine at The Meydan this Ramadan, you will be feasting on Arabic delicacies in luxurious surroundings while enjoying our stunning views.

Visit our unique Meydan Bazaar, where you can explore handcrafted gifts and household decorations as you take in the festivities.



From just AED 150 per person, inclusive of traditional Ramadan beverages.

Special Ramadan room rates also available throughout the holy month.

For reservations and enquiries please call +971 4 381 3333 or email us at info@meydanhotels.com

THE MEYDAN
A DESTINATION HOTEL



The Market Place, JW Marriott, Dubai

With over seven set menus to choose from daily, guests can indulge in dishes such as Lebanese mixed grills of shish kebab, lamb kofta and tawouk from the live cooking stations. Indian specialties such as chicken biryani, tandoori and lamb jaffrezi are also on offer.

Dhs150 per head. Call 04-6077977.

The Terrace, Park Hyatt Dubai

Take in the breathtaking views of the Creek waterfront and enjoy Suhoor with an à-la-carte menu of hot and cold mezze and a range of shisha flavours in the covered air conditioned tent.

From Dhs65 onwards. Call 04-3172222.

AOC French Brasserie, Sofitel Dubai Jumeirah Beach

Make the most of Ramadan by tucking into a selection of salads such as fattoush, mezze, mix grill platters and delicious lamb ouzi and tajines with Arabic sweets, at the Iftar buffet.

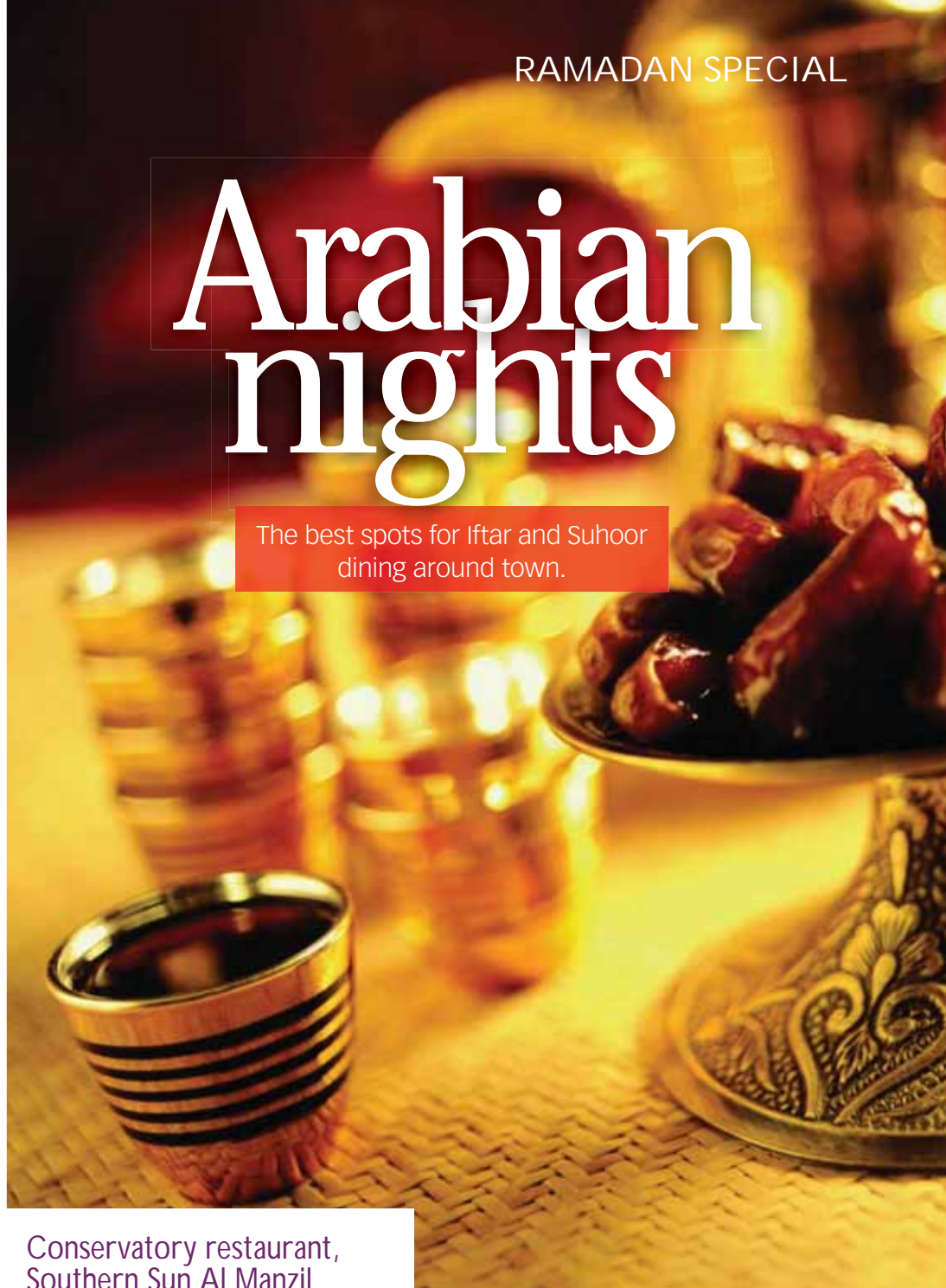
Dhs160 per head. Call 04-4484870.

La Brasserie, Le Meridien Abu Dhabi

Savour Arabic dishes such as foul medames, sambousek, moutabel, fattoush and tabouleh at their iftar spread. The buffet also includes succulent lamb quzi, and seafood specialties along with unlimited beverages such as qamardeen, Arabic coffee and tea.

In the first two weeks of Ramadan, two can eat for the price of one. Dhs135 per head.

Call 02-6446666.



RAMADAN SPECIAL

Arabian nights

The best spots for Iftar and Suhoor dining around town.

Conservatory restaurant, Southern Sun Al Manzil

If you're looking for an authentic Iftar, make your way to this Downtown Dubai hotel to try delicacies like lamb kabsah, roast chicken and katayef, washed down with refreshing beverages and delectable desserts.

From Dhs160 per head. Call 04-4285888

Yalumba, Le Meridien Dubai

Break your fast with appetising specialties prepared by a team of Arabic chefs. The buffet includes hot & cold mezze, warm soups, grills, pastries and sweets.

Dhs159 per head. Call 04-7022455

Kiza, Oud Metha, Dubai

Try a different kind of Iftar this Ramadan and indulge in African fusion cuisine, with a blend of Arabic and North African delights, with cuisine from West, South and East Africa. Try the set menu which includes dates, a fruit platter, mango lassi shake and akara, an African bean cake traditionally used to break a fast. End the meal with delicious Tapioca pudding while playing board games such as ayo (a strategic game using seeds or pebbles).

Dhs150 per head, special rates available for group bookings of ten or more. Call 04-3344159.

RAMADAN SPECIAL

Pine Grill, Courtyard by Marriott Dubai Green Community

Break your fast at the restaurant that offers seven daily changing menus, accompanied by juices such as qamardin, jellab and tamer hind. Start with dates, cold and hot mezzeh, followed by vermicelli rice, garden vegetables, pastas, lamb chops, whipped potato for mains, and traditional Umm ali to end.
From Dhs135 for adults and Dhs75 for children. Call 04-8852222.

Orchid restaurant, Ramada Hotel & Suites Ajman

This wallet-friendly iftar buffet is great for a night out with family and friends. During the first ten days of Ramadan, diners receive 20 per cent discount and throughout the period diners receive a Dhs20 voucher to use on their next visit.
From Dhs99 per head. Call 06-7031111.



Al Dawaar, Hyatt Regency Dubai

Take in the stunning views of the sea, creek and the city as you break your fast by beginning with healthy dried fruits and dates before tucking into delicious Emirati cuisine, complemented by Ramadan drinks
From Dhs160 per head and Dhs80 per child from age 6-12. Call 04-3172222.



18°, Hyatt Capital Gate Abu Dhabi

Watch the sunset from the terrace at the iconic Capital Gate building, while feasting on specialties cooked by executive sous chef Ivan Musoni. Don't miss the Kabab Orfaly (beef and vegetable skewers) and Lebanese Loubia Bil Lahmeh (green beans in tomato sauce).
From Dhs170 per head. Call 02-5961440.



QD's, Dubai Creek Golf & Yacht Club

Relax in an air conditioned tent with friends indulging in a range of hot and cold Arabic mezzeh, classic Arabic dishes such as daous basha, biryani and shish taouk. Don't forget to try their gourmet desserts such as Umm ali and Kunafa, as well as coffee and dates. You can also enjoy post-iftar and suhoor-time shisha.
Dhs120 per head and Dhs60 for children. Call 04-2956000.



Movenpick Hotel Deira, Dubai

Situated in the heart of old Dubai, the hotel's extensive iftar buffet serves up traditional ouzi, chicken mouloukia and sweet treats.
From Dhs195 per head. Call 04-4440111

Flavours, Sheraton Abu Dhabi Hotel & Resort

Grab your family and friends and tuck into a lavish buffet with a selection of classic Arabic and international dishes.
Dhs180. Call 02-6773333.

Köşebaşı, Jumeirah Beach Residence, Dubai

This Anatolian grill restaurant offers contemporary food from Southern Turkey. Choose from a variety of authentic dishes on the iftar menu such as onion and mint salad, Toros salata with pomegranate sauce and the delicious dessert Künefe.
From Dhs139 per person, Dhs69 for children. Call 04-4393788.



Share the
Spirit of Ramadan
at Dubai Creek Golf & Yacht Club



Where better to taste the traditions of Ramadan than the QD's Ramadan tent, overlooking the waters of the Dubai Creek. From humble beginnings, the Creek has seen the city grow and provides the perfect setting to savour the spirit of Ramadan with traditional Arabic flavours every evening during the holy month. Reserve your table in advance for 10 guests or more and receive special discounts on group bookings.

Iftar buffet, sunset to 9pm (Suhour served from 9pm)
AED 120 per person (buffet and juices)
AED 60 per child below 12 years

For a private Iftar or Suhour, Dubai Creek Golf & Yacht Club also offer a host of locations that can accommodate all sizes of groups, from an intimate gathering to a large function for up to 300 guests.



دبي كريك
DUBAI GOLF

For further information and bookings, please contact
Dubai Creek Golf & Yacht Club
T +971 4 295 6000
Email creekdining@dubaigolf.com

dubaigolf.com



Tried & tasted

Iftars

Each month, we review two of the city's top tables.

The ultimate luxury Iftar



Where: **Al Iwan, Burj Al Arab**

What's it like: Al Iwan, the lavishly decorated Arabic restaurant of the hotel, provided the ideal setting for Iftar with beautiful red and gold drapes, and a tiered tray with a selection of Arabic desserts at the entrance. When we walked in, we instantly knew this would be one extravagant meal! A refreshing change from the buffet-style offerings of most restaurants, the meal here is served at the table.

On being seated, we were treated to fresh apricot, rose syrup and tamarind juice. A range of pickles and dips such as hummous, yoghurt with pine nuts (which was mouthwatering), moutabel and bulgur salad, were then laid out on the table – and this was before the appetisers even arrived. The hot appetisers which followed included the usual suspects of fattoush, tabbouleh and harari – a warm potato and meat soup with a hint of spice – which were all delicious. The meals were paced well, as the food came out every ten minutes, giving us enough time to enjoy each course. For mains, we tucked into seabass with salsa, kibbeh, moussakeh, Arabic rice with vermicelli and our favourite, lobster tail, which was served in the shell. Juicy and succulent, it was a highlight of the meal. As was the lamb quzi, a popular Arabic dish, which was served towards the end of the main course.

Tempting as it was to stuff ourselves, we saved some space for dessert, my favourite part of any meal. A tray of assorted desserts were served, which included knafeh, baklava, warm and hearty umm ali, pistachio knafeh and one dish that I still can't stop thinking about – hababm jabneh, a white stuffed sweet cheese roll with syrup on top.

If you want to book: Dhs290 per head, call 04-3017600.

- Nicola Monteath

International flavours



Where: **The Address Dubai Marina**

What's it like: With a variety of Iftars to choose from, it can be a bit difficult to settle on a restaurant during Ramadan, that will appeal to all tastes. Iftar at The Address Dubai Marina was an easy choice to make, however, with its multi-cuisine offerings.

The hotel's ballroom had been transformed into an Arabian retreat, with beautiful lanterns and opulent drapes. We couldn't wait to try out the rather large Iftar buffet and so I decided to start with fattoush and grilled vegetables, which were fresh and packed with flavour. My partner, being a big fan of Asian cuisine, was delighted at having the choice of Thai beef salad, among many others appetisers such as tabbouleh, moutabel and lentil soup.

As we made our way through the various sections of the buffet and live shawarma cooking station, I decided to veer off-course a little bit and chose Alfredo fettuccini, fish with creamy white sauce and stew with mashed potato. The fish was cooked to perfection and paired well with the sweet and creamy sauce.

My partner, who wanted an authentic Arabic experience, chose a few of the mix grills which included lamb chops – tender and succulent, kebabs and meats. As full as we were, we knew we couldn't leave without tasting desserts and so I chose a simple chocolate mousse that was light but smooth; my partner, on the other hand, chose to stick to the traditional, opting for baklava which was perfectly complemented with some fresh fruit.

If you want to book: Dhs140 per head, call 04-4367777.

- Odilaine Mejorada



Baba Ghanouj

SERVES 10

250g eggplant
15g spring onion
6g parsley
30g capsicum (green,red,yellow)
6g mint
20g tomato
25g pomegranate molasses
4g salt
6g lemon salt
25ml olive oil
3g dry mint

- 1 Grill the eggplant and chop when cooled.
- 2 Chop all the other vegetables and mix together with salt, lemon salt, pomegranate molasses, olive oil and dry mint.
- 3 Mould the baba ghanouj using two tablespoons to form a half moon shape.
- 4 Garnish with pomegranate seeds and serve.

Ramadan gourmet

To keep it light yet delicious at your next Iftar party, try these traditional vegetarian delicacies from Chef Nachwan Koukach at Mövenpick Hotel Ibn Battuta Gate.

Roasted Pumpkin Muassal

SERVES 10

300g pumpkin, cubed
4g salt
6g pine nuts
6g pistachio
20ml olive oil
5g cinnamon powder
20g honey
100g rocket leaves
150g feta cheese, to serve
150g fig chutney, to serve

1 Preheat oven to 180C. Mix pumpkin, olive oil, cinnamon, salt, pine nuts, pistachio nuts and honey.

- 2 Set aside for 5 minutes then place in roasting tin.
- 3 Roast for 10 minutes until the pumpkin becomes golden.
- 4 Place cooked pumpkin mixture in a ring mould to create a tower. Set on a plate and serve with feta cheese and fig chutney.

IFTAR AT MÖVENPICK HOTEL IBN BATTUTA GATE

Don't feel like cooking at home? Book in for the lavish Al Bahou Iftar at the Mövenpick Hotel Ibn Battuta Gate. You can indulge in a selection of traditional Arabic and international delicacies, in a Moorish courtyard-style setting. Dhs150 per head, call 04-4445613.


MÖVENPICK
Hotel Ibn Battuta Gate
Dubai

Hoi An



Truly authentic Vietnamese cuisine in a traditional setting.
Begin your culinary journey at Hoi An.
Only at Shangri-La

The Souq

Gorgeous gift ideas and goodies for your home this Ramadan.



Hafsa lantern, Dhs299 at **THE ONE**

FORREY & GALLAND luxury French velvet chocolate box, Dhs420



Gold leaf Cake plate, Dhs79 at **LIFESTYLE**



Masila coffee set with tray, Dhs979 at **AURA-B.COM**

Minaret candle holders, Dhs249 at **2XL FURNITURE**



SPRÜNGLI Velvet Drawer Chocolate Box with hand-crafted pralines, truffles and dates, from Dhs570, at Dubai Flower Centre



Ceramic tagine, Dhs145 at **LAKELAND**

Assorted dates selection, Dhs45 at **CARLUCCIOS**



A world of taste

To give tradition a global twist, why not try some international flavours this Ramadan? You can explore cuisines as varied as Mexican, Italian, Thai, and American, with these exciting and affordable iftar offers from the UAE's top restaurants.



AMERICAN

Enjoy big, intense American flavors of Chili's new menu with its BOLD limited time offer items this summer. With exciting spices, seasonings and ingredients in every dish, these powerful tastes are bolder than ever. A great place to hang out with friends and family, and enjoy a delicious meal, because there is No Place Else like Chili's.



ITALIAN

Take your taste buds on a journey around Italy. Indulge in a four-course rich Italian meal this Ramadan, choosing from a range of selections. From soups and salads to your favorite main course featuring delectable Bistecca Fillet, complemented by a luscious dessert – a sweet ending for the perfect meal. It's everything you love about Italian.



GOURMET MEXICAN

Enjoy authentic Mexican fare this Ramadan, savoring the aroma and delicious flavors of a three-course Mexican meal. From the appetising nachos combo, followed by your favorite main courses featuring the mouth-watering Cascabel Ribeye and Date Quesadilla, the food at Cantina Laredo is Mexican at its most delightful.



Cantina LAREDO.
gourmet mexican food



ASIAN FUSION

Take pleasure in delicious and healthy selections of Eastern fusion flavors with a three-course meal for as little as Dhs49. Enjoy the all-time favorite Tom Yum soup and Spicy Papaya salad (Yum Som Tum), followed by a main course featuring Stir-Fried Chicken with hot Basil and finished up with a delicious authentic Thai dessert, Rice Balls in Coconut Milk.



AUTHENTIC MEXICAN

Break your fast the Mexican way. Relish in the aroma and delectable flavor of a three-course Mexican meal with El Chico, starting from the appetising Fajita Nachos Combo, your favorite main courses featuring the delicious Crispy Chicken Mushroom, and finishing with desserts like Brownie Skillet Sundae.



PIZZA & PASTA

Be entertained with live pasta cooking at The Pizza Company this Ramadan, featuring the classic Spaghetti bolognese, Spaghetti beef ham and mushroom, Penne chicken and the all-time favorite Spaghetti diavola. To make it more of a feast, you can enjoy a 'Bottomless Plate' of your favorite fresh pasta for as little as Dhs39.



Ramadan around the region

Every Middle Eastern country has its own unique traditions and foods for the Holy Month. We asked culinary experts from six different countries to share their favourite Ramadan recipes and memories.



- From top:**
- ❖ Fattet fool akhdar
 - ❖ Lentil soup
 - ❖ Kibbeh bil Sanieh (Kibbeh Pie) with Cabbage Salad
 - ❖ Koofteh sabzi
 - ❖ Ma'amoul- Shortbread cookies filled with aromatic nuts
 - ❖ Sheer Kurma

IRAQ



Lamees Attar-Bashi is a food enthusiast, home chef and creator of facebook page, Lamees's Kitchen. Her day job is as a manager at a corporate firm.

6 *Lentil soup is a very old Iraqi tradition, cooked in most homes during Ramadan. Many Iraqis only eat this soup when breaking their fast because it is very filling and can be considered a complete meal, after a day of fasting. For me, it isn't Ramadan until I have this soup. It has a lot of fond memories attached and reminds me of when I first started fasting.* 9

Lentil Soup

SERVES 4

300g red lentil
50g vermicelli
5 cups water
1 cube of chicken stock
2 medium sized onions, chopped
2 tsp curry powder
2 tsp turmeric
4 tbsp olive oil
1 tsp salt

1 Rinse the lentil thoroughly to remove the extra starch and set aside for 5 minutes.
2 In a medium sized pot, add the lentils with 4 cups of water and let it boil. Remove when it starts to foam up and then keep it boiling on medium heat for up to 20 minutes or until the water lessens to at least half.
3 Remove from heat and whisk. Return back to a medium heat and add the stock cube and salt. Add 2 tbsp of olive oil to a pan and add the diced onions, continue stirring until it turns light golden. Remove half of it and place it in a bowl, add the curry to the remaining half in the pan and stir for another minute, then add to the lentils.

4 Place 2 tbsp of olive oil in the pan and add the vermicelli to it (it should become light gold in colour). Add the turmeric and stir for 1 minute. Place all this in the lentil pot (notice that the vermicelli absorbs a lot of water hence you need to regularly check the water and add if necessary), add another cup of water and let it boil on low heat until all ingredients are combined.
5 Stir thoroughly to avoid lentil from sticking to the bottom of the pot. Add salt to taste and divide the soup between 4 bowls, place the remaining onions on a pan and let it fry until almost burned, remove from fire and use as garnish for the soup.



TEXT & STYLING: Nicola Monteth; PHOTOGRAPHY: Cris Mejorada (Except select photographs); Props from Crate & Barrel, 04-3990125

SYRIA

6 I clearly remember my mom making this traditional Syrian dish when I was growing up in Paris. She used to serve it with numerous types of salads, yoghurt dips and delicious vegetable sides. True comfort food that always reminded me that even though I was living abroad, I was from a traditional Syrian home. 9



Dalia Dogmoch Soubra is the author of food blog Dalia's Kitchen, and co-founder and chief baker at Kitsch Cupcakes.

Kibbeh bil Sanieh (Kibbeh Pie) with Cabbage Salad

SERVES 4

300g lean lamb, minced
300g lean beef, minced
2/3 cups bulgur
4 large onions, finely chopped
½ cup pine nuts, toasted
2 tsp cinnamon
2 tsp cumin
2 tsp all spice
2 tsp sumac
Olive oil
Salt and cracked pepper to taste
1 red cabbage, cut into thin slices
1/3 cup lemon juice
1/3 cup olive oil

1 In a large pan, heat a little olive oil and cook half the onions until translucent then add the lamb, and one tsp of each spice. Add the pine nuts and cook for about 10 minutes on medium heat, until the lamb is cooked. Set aside to cool.

2 In a small bowl, let the bulgur soak for about 30 minutes. In a large bowl, combine the minced beef with the remaining onion and spices, then add the bulgur, and mix well with your hands.

3 In a baking tray, add half the minced meat mixture and spread it evenly on the bottom. Add the lamb filling, and top with the remaining meat mixture. Smooth out the surface, sprinkle with a little olive oil and bake in a preheated at 180C oven for 20-25 minutes.

4 In a small bowl, whisk the lemon juice and oil with salt and pepper, then toss with the shredded cabbage. Serve with a slice of kibbeh and a dollop of yoghurt.



IRAN



Ariana Bundy is TV chef and author of *Pomegranates and Roses: My Persian family recipes* (Simon & Schuster UK) and *Sweet Alternative* (Conran-Octopus UK).

“I have fond memories of eating this as a little girl with my grandmother Talat. We would sit together and chat, and place the kooftehs in some fresh bread and eat them with Torshi (pickled vegetables).”

Koofteh sabzi

FOR THE BROTH

1 medium onion, sliced thinly

2 tbsp olive or safflower oil

1 tbsp butter

75ml of verjuice or juice of 1/2 lemon

FOR THE MEATBALLS

50g yellow split peas, soaked for a few hours or overnight

125g rice, soaked for a few hours

500g ground lamb (double minced if possible)

1 egg

50g coriander, finely chopped

50g parsley, finely chopped

25g garlic chives or spring onions, finely chopped

25g tarragon, finely chopped

15g summer savoury (optional)

1 tsp salt

1/3 tsp black pepper

1 tsp turmeric

FOR THE STUFFING

8 Persian unpitted golden dried plums, pre-soaked and soft or use pitted prunes, plus a few extra for the broth



1 Fry the onion for the broth, in the oil and butter until caramelized and a dark golden colour, but don't let it burn. Discard the oil and place the onions on a paper towel to absorb the remaining oil. Set aside.

2 To make the meatballs, boil the soaked, drained split peas for about 15 minutes until soft but not mushy; add the drained rice to the water and boil for a further 5 minutes. Drain and cool.

3 Once the split peas and rice are cool, mix them with all the other ingredients and knead for about 10–15 minutes. (If your meat is double minced, 5–7 minutes will do.) Or put the ingredients in a food processor fitted with a paddle or dough maker and put on low for about 5–7 minutes.

Note: Don't use a sharp blade otherwise the split peas and rice will get crushed. You need a soft smooth consistency that holds together.

4 Now form 8 tangerine-sized balls with the meat mixture. Flatten each slightly, with a hollow to hold the stuffing. Place a plum in each hollow. Wrap the meat mixture around them and roll into a ball again.

5 Meanwhile, heat 500–750ml (2–3 cups) water in a pan large enough to hold the meatballs in a single layer and add the caramelised onion and a few plums. Bring it to a gentle simmer (not a rolling boil as the meatballs may fall apart in the liquid). Gently lower the meatballs one by one into the pan. Cover and simmer on a low heat for 30–40 minutes. Add the verjuice 15 minutes before the end of cooking time. Gently roll the koofteh over about 3 times during the cooking. Lift the finished koofteh on to a dish, boil the broth for a few minutes then pour over the koofteh.

6 Serve with bread for dipping. Don't forget to warn your guests about the plum stones!

Recipe from *Pomegranates and Roses: My Persian family recipes* (Simon & Schuster UK)

RAMADAN KAREEM

LOVE FOOD WITH LURPAK



JORDAN



Dima Sharif is a cooking instructor, food artisan and author of the Dima's Kitchen food blog.

“We always eat this dish during Ramadan. It reminds me of my mother's Iftar spread and my dad – he loves anything with green broad beans. It can be eaten right after you break your fast and is a very comforting meal, filled with flavour.”

Fattet fool akhdar

SERVES 4

- 2 small thick pita breads, cut into bite-size squares
- 1 packet of 250g frozen green broad beans, thawed and thoroughly washed
- 2 cups chicken or beef broth
- 250g lamb or veal, finely chopped
- 1 small onion, finely chopped
- 2 cloves garlic, thinly sliced
- 1 bunch coriander, washed and finely chopped
- 3 tbsp olive oil
- Salt & Black pepper to taste
- FOR YOGHURT SAUCE**
- ½ kg fresh yoghurt
- 1 small clove garlic, crushed
- Salt & black pepper to taste
- FOR GARNISH**
- 1 tbsp parsley, washed and finely chopped
- 1/2 cup toasted or fried pine nuts and almonds

- 1** Place the thawed and washed green broad beans in a cooking pot. Top with chicken or beef broth, season with black pepper and salt if needed (only if broth is not seasoned), and sprinkle with a dash of olive oil. Bring the mixture to a gentle boil over medium heat.
- 2** Sauté the finely chopped onion in 1 tbsp olive oil till translucent but not browned. Add meat and stir to mix. Season with salt and pepper and cook, stirring occasionally until the meat is browned and liquids run out.
- 3** While the meat is cooking, in a separate skillet, sauté the sliced garlic and coriander for about 5 minutes, or until wilted. Add the coriander mixture to the meat mixture and stir to mix. Ladle some of the broth from the cooking broad beans into the meat mixture and stir to coat. Bring to a boil, and remove from heat.
- 4** Combine the meat mixture with the broad beans mixture together with the liquids and bring to a gentle simmer.
- 5** Deep fry or toast the bread squares, till golden, drain on paper towels. Prepare the yoghurt sauce by mixing all the ingredients together.
- 6** To assemble, place the bread squares along the bottom of a large serving dish (traditionally a see through glass dish). Top with the broad beans and meat mixture. Spread evenly. Top everything with the prepared yoghurt sauce and spread to cover the whole surface.
- 7** Sprinkle the tops with the nuts and sprinkle with chopped parsley. Serve.





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LEBANON



Bethany Kehdy is a food writer and photographer, recipe developer, restaurant consultant and author of her own food blog, *Dirty kitchen secrets*.

“Ma'amoul has a lot of ingredients that provide for a quick energy boost after a long day of fasting. Its fragrance brings back childhood memories for me.”

Ma'amoul- Shortbread cookies filled with aromatic nuts

MAKES 25 COOKIES

140g semolina
35g potato starch
35g sugar
1/4 tsp mahlab
75g/ 2 1/2 oz butter, melted
1 tbsp orange blossom water
FOR PISTACHIO FILLING
35g pistachios
15g sugar
1/4 tsp orange blossom water
FOR WALNUT FILLING
35g walnut
15g sugar
1/4 tsp orange blossom water
Date and walnut filling
40g dates, pitted
1 tsp melted butter
10g walnuts
Pinch of nutmeg

1 In a mixing bowl, combine the semolina, potato starch, sugar, mahlab, and butter together and mix well. Add the orange blossom water and begin kneading and working into a soft, pliable dough for about 3-4 minutes. Cover with cling film and refrigerate for 2 hours.

2 Meanwhile, prepare the fillings. Begin by adding the pistachios to a small food processor along with the sugar and orange blossom water. Whizz for 1 minute to a rough paste. Repeat with all fillings.

3 Remove dough from the fridge and let sit at room temperature for about 20 minutes before kneading it one more time for a couple of minutes. Divide the dough into three even quantities and roll out each third into a long thin rod-like form. Pinch off small lumps off the dough (about 1 in/2.5 cm pieces) and using the palm of your hands, flatten the dough making sure it is thin but not too thin that it will tear.

4 Dust ma'amoul mould cavities with semolina and then invert and tap gently to remove excess flour. Flatten the dough gently into the moulds cavity and add the filling associated with the design of the mould's cavity. Bring the edges together and seal well, flattening it out to create a leveled base for the cookie to sit, pinching off any excess dough. Gently release by tapping the mold on the table or counter to remove the ma'amoul cookie.

5 The ma'amoul cookie should be clearly stamped with the design. Dust a baking tray with semolina or farina and bake in a preheated oven 200C, until the sides are slightly pinkish in color. It will vary depending on the oven. Bake for 10-15 minutes and about 8-10 minutes for the smaller date cookies. Leave aside to cool then sprinkle with powdered sugar and serve.

Note: There are two different ways of making these cookies. I like to add the filling using the mould because I find it yields more consistent results. However, you could just flatten the dough in the palm of your hand while making a hole in the paste then stuff it with the filling, seal the edges, roll it into a ball then finally press it into the moulds to stamp. If you don't have the moulds, you could just use a fork to create a design of your choice, that will differentiate the cookies with different fillings from each other.



PAKISTAN

Sheer Kurma

SERVES 4

- 2 cups of whole milk
- 1 cup sweetened condensed milk
- 1 pinch saffron
- 2 cardamom pods, 1 whole and 1 crushed
- ½ cinnamon stick
- ½ cup dry vermicelli (broken into smaller bits)
- 1 tbsp butter
- 1 tbsp slivered pistachios, plus additional for optional garnish
- 1 tbsp cashews, chopped
- 1 tbsp almonds, sliced (plus additional for optional garnish)
- 2 tbsp dry coconut, shredded
- 2 tsp golden sultana raisins (plus additional for optional garnish)
- 3 dry dates, soaked and plumped ahead of time, pits removed, chopped
- 1/2 cup water

1 In a medium saucepan, combine the milk with the saffron and 1 cardamom pod. Bring to a boil slowly at a medium-high temperature. Make sure it does not burn. Set aside and keep warm.

2 Melt the butter at a medium temperature in a separate small sauté pan with the crushed cardamom and cinnamon stick. Next, lower the temperature to a medium-low heat and add the dry vermicelli noodles to brown slightly, until the aromas have released into the air and the noodles are cooked through.

3 Once the noodles have toasted, add water, raise the temperature to a medium high and cook until the water has evaporated.

4 Transfer the noodles to the warm milk; add the sweetened condensed milk, raisins, dates, and nuts. Now bring to a boil, then reduce heat to a low temperature, cover with the lid, allowing the steam to escape and simmer for 15-20 minutes.

5 Once the milk has reduced and the noodles have absorbed some of the liquid, remove from heat. Add the cardamom and nutmeg powder, stir, and cool. Refrigerate.

6 Transfer to serving dish and garnish with nuts and raisins.

“The fragrance of the toasted vermicelli cooking in the rich cardamom and saffron-spiced milk always reminds me of everyone sharing in the joyous festivities of Ramadan.”



Saba Wahid is a TV presenter, culinary enthusiast, and author of recipe blog Culinary delights by Saba Wahid.



Have a healthy Ramadan

The rigours of an all-day fast, combined with soaring temperatures can take its toll on your health. Nicola Monteath gets expert tips from nutritionists on eating right during Ramadan.



You probably already know how important it is to have a healthy and balanced diet during Ramadan. But, it can be quite easy to forget that, and get carried away in the spirit of the month, with over-indulgent feasts.

Fasting for hours can lead to fatigue and dizziness. "When a person fasts, the digestive system gets a chance to rest and the body uses its fat reserves for energy. It slows down the metabolism, which is why it is important not to over-work the body with too much food in one meal," says Lovely Ranganath, senior nutritionist at Dubai World Trade Centre.

Kay Voslo, Nutritionist at Chiropractic Health and Physio Polyclinic, describes fasting as being "a shock to the body in terms of the body clock, change in routine and change in meal times."

Fasting, while difficult for some, can be a great way to detoxify the system, and is of course, integral to the spiritual nature of Ramadan. All the benefits of the holy month can, however, come to nought if a day of fasting is followed by extravagant eating.

According to the experts, it is critical to eat well and not consume sugary sweets and heavy meals loaded with fats and carbohydrates, especially after a long fasting period. "The intake of a balanced diet is critical for maintaining good health, sustain an active lifestyle and attain the full benefits of Ramadan," says Lovely.

Contrary to popular belief, fasting doesn't automatically lead to weight loss; it can, in fact have the opposite effect if the fast is not properly managed. "When you skip a meal, the brain assumes that you are going to starve and thus attempts, not to burn, but to conserve the reserved fat," says Dr Chandy George, Ayurvedic lifestyle consultant at Balance café.

The best thing to do is to break your fast with a light snack and refreshing drinks, followed by Iftar after a small gap. For iftar, consume foods from all groups but in small portions, in order to avoid weight gain and other related health problems. For Suhoor, a light and healthy meal containing carbohydrates and fibre is essential as it prevents tiredness, lack of concentration and migraines. Additionally, Kay suggests drinking more than ten glasses of water in order to not stress out the organs and avoid dehydration, particularly during a summer Ramadan.

Here is a list of dos and don'ts to ensure you have a happy, healthy Ramadan month.

Do

Increase fluid intake

It is absolutely necessary to increase your fluid intake during summer in order to avoid dehydration. "Drink at least ten glasses of water from Iftar till Suhoor, in order to stay hydrated," says Kathleen. Lovely recommends drinking fresh fruit juices during summer, as it helps combat lethargy.



Chew every bite

Kathleen Farren, nutritionist at Zest4life coach, suggests chewing each bite at least 30 times in order for food to digest completely.

Include complex wholegrain carbohydrates

Instead of opting for white rice, choose a healthier alternative, such as brown rice, as it is low in blood sugar, and gives a slow release of energy throughout the day. Similarly, choose wholemeal or rye bread instead of white bread.



Maintain your electrolyte balance

"Eat fruits like banana, kiwi and drink tender coconut water, especially during Suhoor," says Dr Chandy. This helps maintain the electrolyte balance before beginning the fast in the morning.

Don't

Eat fried foods

"Fried foods can lead to constipation, indigestion and gas," says Lovely. Choose foods that are grilled, steamed, boiled or baked, as they are healthier cooking methods.



Consume caffeine and fizzy drinks

A cup of coffee or a fizzy drink might be the first thing you reach out for as soon as you break your fast, but it is best avoided as it can lead to mood swings, headaches and gas. Aim to remove caffeine from your diet at



least one week before Ramadan, in order to let your body adjust to the change.



Drink too much tea

"Having too much tea will increase urine output and inevitably cause the loss of valuable mineral salts," says Lovely. Have a glass of herbal tea, if you must.

Break your fast with a citrus fruit

"It is not advisable to have citrus fruits to break the fast, as throughout the day, the stomach is filled with acidic gastric juices," says Dr Chandy. Instead choose vegetable or lentil soups, as they hydrate the body and are gentle on the stomach.



RAMADAN SPECIAL

From PM to AM

Meals in Ramadan should be well balanced with just the right amount of foods from each food group, such as fruits, vegetables, meat, chicken, fish, cereals, bread and dairy. When you break your fast, have a light meal that includes either a lentil soup or yoghurt with fruits, nuts and seeds. Kay recommends eating a slightly bigger meal only after an hour or two, in order for the body to function in a healthy manner. Also make sure to drink water with every meal. Here are some ideas on what sort of foods to eat at each meal:



At sunset:

The traditional way of breaking the fast is by eating a date and drinking water, followed by a light nourishing meal. "Dates bring low blood glucose levels to a normal level," says Lovely. You could also mix it up with these options:

- * Fresh juice or smoothies not only quench your thirst and hydrate, but also give you the right amount of nutrients to energise your body after the long fasting period. Add energy boosters such as ginger and ginseng to mixed berry or fruit juices and smoothies.
- * "Fibre-containing dried fruits such as apricot and prunes are a good option as they are take approximately eight hours to digest, keeping you full for longer," says Kay.
- * You could also opt for a light and refreshing soup, "This helps to maintain water and mineral balance in the body," says Lovely.

For Iftar:

Iftar should include salads, chicken, fish or lean meat with grains, a small tub of low-fat yoghurt and fruit. Here are a few healthy choices:

- * Wholemeal bread roll filled with egg, tomato, grilled or boiled chicken and a side of salad with low fat cheese.
- * Wholemeal pasta with fresh tomato based sauce and a large salad.
- * Baked or grilled fish, with lemon and herbs sprinkled on top and a small portion of brown rice or wholemeal bread.
- * Jacket potato with tuna or grilled chicken and low-fat cottage cheese.



For Suhoor:

The pre-dawn meal is essential as it keeps you healthy, hydrated and active throughout the day. Don't overeat in the morning simply because you have to fast until Iftar. Here are a few nutritious Suhoor ideas:

- * "Choose a liquid-focused diet, which includes juices, tender coconut water and soups," suggests Dr Chandy. These will keep you hydrated until Iftar.
- * Kathleen recommends including foods rich in fibre, such as banana, kiwi, eggs on wholegrain bread, semolina, and yoghurt with berries and fruit.
- * "Eat a bowl of oats porridge, warm millet or drink a green vegetable juice diluted with water, and steamed vegetables to aid digestion," says Kay. She also recommends keeping portions small in order to avoid indigestion, heart-burn and weight problems.



Foods to include in your Ramadan diet:

- * **Grain:** Whole meal breads, buns, bagels, muffins, bran flakes, oat bran, whole wheat pastas, whole grains such as barley, air popped popcorn, corn, brown rice.
- * **Fruit:** Dried fruit such as apricots, dates, prunes, and raisins; berries such as blackberries, blueberries, raspberries, and strawberries; oranges, apples, grapes, kiwi, bananas, pears.
- * **Vegetables:** Spinach, broccoli, Swiss chard, green beans, dark leafy vegetables, dried peas and beans, lima beans, black eyed beans, chick peas and lentils.
- * **Nuts and seeds:** Almonds, walnuts and flax seeds.



Ramadan Kareem



The taste of pure nature

Soup kitchen

Soups are a great way to get essential nutrients in, while staying hydrated. Make sure to include these delicious soups in your Ramadan meals.

Lentil soup

1l chicken stock
100 g onions
50 g celery
220 g lentils
50 g tomato purée
200 g carrots
1 pinch of ground cumin
1 tablespoon
Olive oil
Salt
Pepper

- 1 Peel and slice the carrots. Peel and chop the onions.
- 2 Put the carrots, onions, tomato purée, celery, lentils, cumin and olive oil into the Soup & Co. Season lightly.
- 3 Pour in the chicken stock.
- 4 Press the P button to select programme P1. Increase the cooking time to 35 minutes. Confirm the programme by pressing the OK button.
- 5 Leave to cook for 35 minutes. When the soup is ready, the appliance beeps three times. Serve hot.

MOULINEX SOUP & CO

Making soups just got a whole lot easier with the new Moulinex Soup & Co. Designed specifically for soups, the blender is a one-stop solution for soups, with its automatic programmes that can actually cook as well as blend. All you need to do is add all the ingredients, choose a setting for your desired consistency, and turn it on. 35 minutes later, the soup is ready! Turn over to find out what else you can use it for.



Vegetable soup

200 g potatoes
100 g onion
120 g carrots
100 g celery
800 ml beef stock
300 ml marinara sauce
Salt
Pepper

1 Peel and cut the potatoes and carrots into cubes. Slice the celery. Peel and chop the onions.

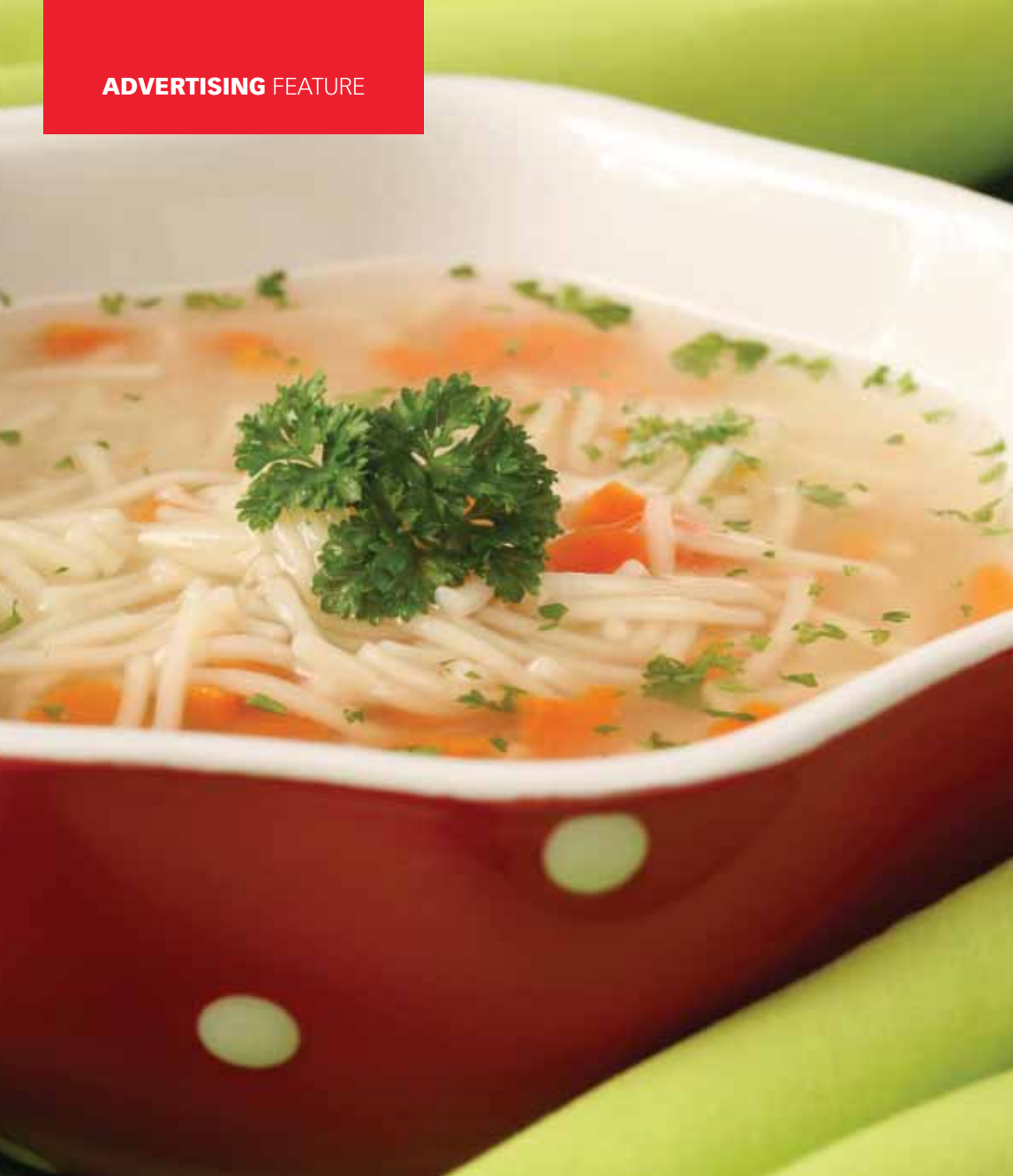
2 Put some of the potatoes (60 g), carrots (40 g), onions (30 g) and celery (30 g), and all of the marinara sauce into the Soup & Co. Season lightly.

3 Insert the cooking basket and add the remainder of the potatoes (140 g), carrots (80 g), onions (70 g) and celery (70 g). Pour in the beef stock.

4 Press the P button to select programme. Increase the cooking time to 35 minutes. Confirm the programme by pressing the OK button.

5 Leave to cook for 35 minutes. When the soup is ready, the appliance beeps three times. Serve hot.





Home made chicken broth with vermicelli

2 chicken legs
200g potatoes
100g carrots
75g onions
30g parsley
50g vermicelli
Salt
Pepper
1 l water

1 Peel and slice the carrots. Peel and cut the potatoes into cubes. Cut the onion in 4 pieces. Halve the chicken legs.

2 Put in the Soup & Co blender bowl, (50 g) of carrots, (50 g) of diced potatoes, the pieces of onion and the parsley.
3 Put the steamer basket in the blender bowl. Place in the basket the rest of the diced potatoes (150g) and carrots (50g) and the chicken. Pour the water on the ingredients in the steamer basket.
4 Press key P to select programme. Increase the cooking time up to 45 minutes. Validate the programme selected by pressing the OK key.
5 After 45 minutes of cooking, the broth is ready and the appliance beeps 3 times. Then add the vermicelli in the basket. Cook for 5 more minutes. The soup is ready. Serve it warm.



Bolognese sauce

3 de-seeded unpeeled tomatoes
30 g yellow onions
100 g carrots
1 clove of garlic
300 g minced beef
4 tbsp tomato purée
1/2 vegetable stock cube
4 tbsp olive oil
1 stalk of parsley
1 stalk of thyme
Salt
Pepper

1 Peel the onion and carrots and cut into cubes. Peel the clove of garlic, remove the germ and crush.
2 Put the cubes of onion and carrot, the garlic, tomatoes, meat and tomato purée into the Soup & Co. Add the stock cube, olive oil, parsley and thyme. Season.
3 Use the Soup & Co in manual mode. Set the timer for 30 minutes and the temperature at 95 °C.
4 Confirm by pressing OK.
5 When the cooking time is over, blend for 10 seconds on speed 1. Serve hot accompanied by spaghetti.

MOULINEX SOUP & CO

This innovative heated blender, while designed for making cream and puréed soups, can also be used as a conventional blender, to purée fruits and vegetables, prepare smoothies and shakes, and crush ice too. It also has settings to keep soup or other dishes warm. So, you don't need to crowd your kitchen with too many gadgets, with this one blender serving multiple purposes. All in all, it is the ideal kitchen helpmate for health-conscious people.



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An Emirati Iftar

Add some local flavour to your Ramadan with this authentic Emirati menu from Dubai World Trade Centre's Chef Khalel Mustafa Oqdeh.

Photographs CRIS MEJORADA.



With over 22 years of culinary experience, Jordanian Khalel Mustafa Oqdeh,

executive chef at Dubai World Trade Centre's award-winning catering kitchens knows a thing or two about local cuisine, having counted cooking for thousands of guests, including royalty, as part of an average day's work.

Maleh salad

SERVES 4

½ kg salted tuna
75g spring onions, chopped
200g fresh tomato, chopped
50g fresh coriander
½ pc fresh lemon
1 pc green chilli
50 ml lemon juice

- 1 Divide the fish into small pieces and discard the bones. Boil in water for 25 to 30 minutes, drain and refresh under cold running water. Drain again and spread out to dry on paper towels.
- 2 Place in a medium bowl, cover and refrigerate for 1 hour. Meanwhile, toss the spring onions, fresh tomato and coriander in a salad bowl.
- 3 Add the fish pieces, green chilli and lemon juice. Mix together thoroughly and serve in small bowls with fresh lemon wedges.



Quzi Rigag

SERVES 4

FOR HASHWA (STUFFING)

3 cups yellow split chickpeas
5 pcs cinnamon bark
½ tsp ground cinnamon
½ tbsp ground turmeric
3 pcs onion
½ tsp salt
½ cup sultanas
¼ cup whole blanched almond
5 pcs whole cardamom
4 pcs whole clove
½ cup whole unsalted raw cashew

FOR QUZI

3-4 kg small lamb
15g ground turmeric
3 ½ tbsp bezar (available in Union Co-operative)
250ml vinegar
1 tsp saffron
¼ cup ghee
25g garlic cloves
25g green chilli
25g ginger
10 pcs Rigag bread
Salt, to taste

1 To make the hashwa, boil the chickpeas for 10 minutes, add salt and ¼ tbsp. of turmeric, strain from the water, and keep aside. Slice the onions and fry in oil until brown.

2 Add the rest of the turmeric, cinnamon bark, ground cinnamon, cardamom and cloves and continue frying until all are brown. Slowly, add the chickpeas, sultanas, almonds and cashew nuts and fry gently. Cover and cook for 7 to 10 minutes on low heat.

3 To make the quzi, marinate the whole lamb with salt and turmeric and leave to rest for 30 minutes.

4 Blend the garlic with the ginger, chilli and vinegar. Season with bezar and salt and rub the mixture into the meat inside and out. Leave aside to rest for 30 minutes.

5 Fill the lamb with the hashwa. Sprinkle saffron on top of the lamb. Put on a braising tray and braise for 3 hours.

6 To serve, remove the lamb from the braising tray and place in a large, round ceramic dish lined with rigag bread. Cover the lamb with more rigag bread, spoon some of the natural gravy and ghee over the rigag bread until moderately soaked. Place some of the stuffing on the side and serve immediately.

RAMADAN SPECIAL

Bithith

Makes a batch for 8 – 10 people.

100g almond flake
50g ground cardamom
200g ghee
500g roasted flour
1g saffron
500g stoned dates
200g sugar
Date syrup, to taste

1 Combine the warm dates and roasted flour with the ghee until you work up a firm dough that can be moulded. Add the sugar, cardamom and saffron and work them in evenly.

2 Mix the batter with the almond flakes and place into small tin moulds. Compress firmly until shaped.

3 Remove from the mould and coat with the date syrup.

4 Serve on an elegant tray and store leftovers in an air-tight container.





Break the fast with our traditional iftar buffet

Starting from **AED 119/-** Net inclusive of service charge and tax as well as soft beverages.

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Iftar

at the Gate

Come together this Ramadan with colleagues and friends.

The month of Ramadan is a time to reflect and celebrate with family, friends and colleagues. Beautifully themed in a Moroccan-style, the inner courtyard of Mövenpick Hotel Ibn Battuta Gate invites you to break your fast beneath the 88 locally-crafted Arabic lanterns in Al Bahou. Our sumptuous Iftar buffet includes many traditional and favourite Middle-Eastern dishes as well as a taste from each of our themed restaurants.

Enjoy a sumptuous Iftar buffet from sunset until 9.00 pm for AED 150 per person.

SMS Iftar to 5269 for a chance to win a complimentary voucher for 2.

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Everyday recipes

Healthy, delicious mid-week meals

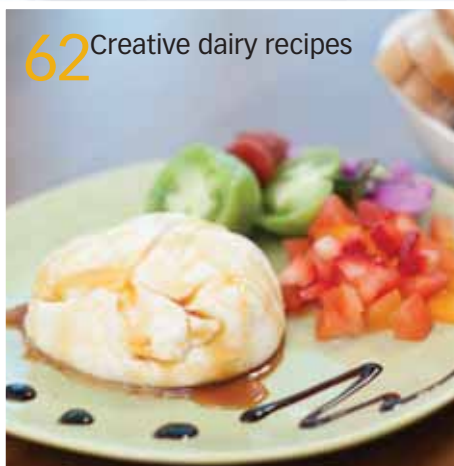
Steak, chips & quick
pepper sauce.
recipe, p59



54 Smart solutions for the holidays



62 Creative dairy recipes



66 Fuss-free desserts



EVERYDAY

Make it tonight

Simplified versions of summer favourites make ideal midweek family supper solutions.

Recipes LIZZIE HARRIS Photographs GARETH MORGANS



Make salmon go further

The best salmon fish cakes

SERVES 4 • PREP 20 mins •

COOK 15 mins **Easy** uncooked

Heath healthy, good source of folate

450g floury potatoes,
cut into chunks
350g salmon (about 3 fillets)
2 tsp tomato ketchup
1 tsp English mustard
Zest ½ lemon, plus wedges to serve
1 heaped tbsp parsley, chopped
1 heaped tbsp dill, chopped
3 tbsp plain flour
1 egg, beaten
100g dried breadcrumbs
4 tbsp sunflower oil
Salad, to serve

1 Heat the grill. Place the potatoes in a pan of water, bring to the boil, cover and cook for 12-15 mins until tender. Drain and leave to steam-dry, then mash.

Meanwhile, season the salmon and grill for 5-6 mins until just cooked. Cool for a few mins, then break into large flakes.

2 Mix the potato, ketchup, mustard, zest, herbs and some seasoning. Lightly mix in the salmon, taking care not to break it up too much. Shape into 4 large fish cakes.

3 Put the flour, egg and breadcrumbs in 3 shallow dishes. Dip the cakes into the flour, dust off any excess, then dip in the egg, and finally coat in breadcrumbs. Heat the oil in a large pan. Fry the cakes over a medium-low heat for 3-4 mins each side until deep golden and heated through. Serve with salad and lemon wedges.

PER SERVING 506 kcal, protein 26g, carbs 48g, fat 23g, sat fat 3g, fibre 4g, sugar 2g, salt 0.9g

Food styling LIZZIE HARRIS | Styling MORAG FARQUHAR

Courgette & ricotta pasta

SERVES 4 • PREP 15 mins •

COOK 15 mins **Easy** **V** **P**

Good source of calcium, 1 of 5-a-day

- 2 tbsp olive oil
- 1 shallot, finely chopped
- 4 courgettes, halved and thinly sliced
- 3 garlic cloves, finely chopped
- 300g pasta shapes
- Small bunch basil, most chopped
- zest 1 lemon
- 50g Parmesan, grated, plus extra to serve (optional)
- 50g pine nuts, toasted
- 250g tub ricotta

1 Heat the oil in a large frying pan. Cook the shallot and courgettes for 8 mins until softened. When they are just beginning to colour, add the garlic and cook for 2 mins more.

2 Cook the pasta following pack instructions. Drain, reserving a little of the water. Tip the pasta into the courgette pan with the basil, lemon zest, Parmesan and pine nuts. Season, dot over the ricotta and mix gently so that you don't break it up too much. Serve sprinkled with extra Parmesan, if you like.

PER SERVING 511 kcals, protein 23g, carbs 43g, fat 27g, sat fat 8g, fibre 2g, sugar 5g, salt 0.5g

Fresh, zesty flavours



Sausage & broccoli carbonara

SERVES 4 • PREP 10 mins •
COOK 20 mins **Easy**

Good source of calcium, iron, folate, fibre and vitamin C, 1 of 5-a-day

- 1 tbsp olive oil
- 8 chipolatas, meat squeezed out and rolled into balls
- 3 eggs
- 50g Parmesan, grated, plus extra to serve (optional)
- 300g spaghetti
- 1 head broccoli, broken into small florets
- 2 garlic cloves, crushed

1 In a large pan, heat the oil and cook the sausageballs until golden, moving them around in the pan frequently. Meanwhile, mix together the eggs, cheese and some seasoning with a fork in a jug.

2 Cook the pasta following pack instructions. Add the broccoli for the final 3 mins, then drain, reserving a cup of the cooking water.

3 Add the garlic to the sausageballs and cook for a couple mins more, being careful the garlic doesn't brown. Remove the pan from the heat.

4 Add the pasta and broccoli to the sausage pan. Toss everything together, then add the egg mixture. Stir the sauce through the pasta for 1-2 mins. The heat from the pan will cook the sauce – if it is too thick, use a little of the reserved cooking water to thin it. Divide between pasta bowls and serve with extra Parmesan, if you like.

PER SERVING 634 kcals, protein 32g, carbs 60g, fat 29g, sat fat 10g, fibre 8g, sugar 6g, salt 1.8g



Pancetta-wrapped fish with lemony potatoes

SERVES 2 • PREP 10 mins •
COOK 10-15 mins **Easy**

- 300g new potatoes
- 100g green beans
- Small handful Kalamata olives
- Zest and juice 1 lemon
- 2 tbsp olive oil
- 2 chunky pollack fillets or another sustainable white fish
- 4 slices pancetta or thinly sliced smoked streaky bacon
- Few tarragon sprigs, leaves picked

1 Heat oven to 200C/180C fan. Place the potatoes in a pan of water and boil for 10-12 mins until tender. Add the beans for the final 2-3 mins. Drain well and slice the potatoes in half. Tip into a roomy baking dish and toss with the olives, lemon zest and oil. Season well.

2 Season the fish and wrap with the pancetta or bacon. Place on top of the potatoes. Bake for 10-12 mins until cooked through, then add a squeeze of lemon juice and scatter with tarragon before serving.

PER SERVING 521 kcals, protein 46g, carbs 26g, fat 25g, sat fat 6g, fibre 5g, sugar 3g, salt 1.6g

Chorizo pilaf

SERVES 4 • PREP 10 mins •

COOK 40 mins **Easy**  **Low calories** 1 of 5-a-day

1 tbsp olive oil
1 large onion, thinly sliced
250g/9oz baby cooking chorizo, sliced
4 garlic cloves, crushed
1 tsp smoked paprika
400g can chopped tomatoes
250g basmati rice
600ml stock
1 lemon, zest peeled off in thick strips, plus wedges to serve
2 fresh bay leaves
Small bunch parsley, chopped

1 Heat the oil in a large pan with a lid. Add the onion and cook for 5-8 mins until soft and golden. Push to the side of the pan and add the chorizo. Cook until lightly browned and some of the oils are released into the pan.

2 Add the garlic and paprika, then the tomatoes. Bubble over a medium heat for 5 mins, then add the rice, stock, lemon zest and bay leaves. Stir everything together well and bring to the boil. Put the lid on and cook over a very low heat for 12 mins.

3 Turn off the heat and leave to sit and steam for 10-15 mins. Stir through the parsley and serve with lemon wedges for squeezing over.

PER SERVING 488 kcals, protein 19g, carbs 58g, fat 18g, sat fat 6g, fibre 3g, sugar 9g, salt 1.4g

Gutsy one-pan dish

Summer lifesavers

Whatever your cooking dilemma over the holidays, we come to your rescue with these simple recipe solutions. Photographs GARETH MORGANS

'We've got a houseful to feed'

Sticky ribs with roast potato salad

SERVES 8 • PREP 20 mins • COOK 2½ hrs **Easy**

3 racks pork spare ribs, or about 1.5kg single pork spare ribs
1 small onion, diced
1 tbsp olive oil
1 garlic clove, crushed
2 tbsp smoked paprika
1 tsp mild chilli powder
300ml tomato passata
2 tbsp tomato purée
150ml cider, white or red wine vinegar
125g/4½oz dark muscovado sugar
FOR THE POTATOES
1.5kg new potatoes, skin on
2 tbsp olive oil
1-2 rosemary sprigs, finely chopped, or a pinch of mixed dried herbs
2 tbsp white or red wine vinegar

1 Heat oven to 150C/130C fan. Put the ribs in a roasting tin in a single layer and just cover with water. Cover with foil and cook for 1½ hrs. Drain well. If you are not finishing these straight away, cover and chill until ready to cook.
2 Meanwhile, fry the onion in the oil in a pan until soft. Add the garlic, smoked paprika and chilli powder and fry for 1 min. Add the passata, purée, vinegar and sugar and bring everything to a simmer. Cook for 10 mins. If you are not using this sauce straight away, cool and chill.
3 Heat oven to 220C/200C fan. Brush the ribs all over with the sauce and lay on a baking sheet. Mix the potatoes with the oil, rosemary and seasoning in a large roasting tin. Roast for 40 mins on a middle shelf, with the ribs on the shelf above. Turn the ribs and potatoes halfway, until both are nicely browned all over. Tip the potatoes into a large bowl, sprinkle with the vinegar and serve hot, warm or cold. Slice the ribs to serve and put any extra sauce into bowls for dipping.

PER SERVING 444 kcals, protein 23g, carbs 52g, fat 17g, sat fat 5g, fibre 2g, sugar 21g, salt 0.51g

8
ESSENTIAL RECIPES

'I t's too hot to cook'

Big chicken & crouton salad

SERVES 4 • PREP 20 mins • NO COOK

Easy **T** A shop-bought ready-roasted chicken is a great summer cheat.

1 ready-roasted chicken
2 thick slices ciabatta, sourdough or crusty white bread
1 tbsp olive oil
1 large cos lettuce, shredded
1 celery stick, finely sliced
4 spring onions, finely chopped
½ cucumber, diced
90ml mayonnaise
1½ tbsp white wine or tarragon vinegar
Small bunch tarragon, chopped

1 Remove the skin from the chicken and pull the meat off the bones in chunks. Tear the meat into smaller pieces. Toast the bread, then brush with olive oil. Roughly chop into chunky croutons.
2 Put the lettuce into a large bowl and scatter over the chicken, celery, onions and cucumber in layers. *The salad will hold like this for up to 2 hrs in the fridge.*
3 Mix the mayonnaise with the vinegar and season well. Stir in the chopped tarragon, then spoon over the salad. Toss well, scatter with the croutons and serve.

PER SERVING 726 kcals, protein 61g, carbs 18g, fat 46g, sat fat 12g, fibre 3g, sugar 5g, salt 4.1g

Easiest ever main-meal salad



**MONEY
WISE**

Great-value kids' favourite





MONEY
WISE

**'Let's make supper
ultra-easy'**

Puff pizza tart

SERVES 4 • PREP 5 mins •

COOK 15-20 mins **Easy**

This supper requires just four main ingredients and can be assembled in minutes, without a knife or chopping board in sight.

375g sheet ready-rolled puff pastry

5 tbsp red pesto

70g pack sliced salami

125g ball mozzarella, torn into pieces

Drizzle extra virgin olive oil (optional)

Handful rocket, to serve (optional)

1 Heat oven to 220C/200C fan. Unroll the pastry onto a large baking sheet and prick all over with a fork.

2 Spread over the pesto, leaving a border of roughly 1 inch around the edge. Layer on the salami, top with the torn mozzarella and some seasoning, then bake for 15-20 mins until the pastry is golden, risen and crisp.

3 Drizzle with a little extra virgin olive oil, if you like, and scatter over some rocket before serving.

PER SERVING 597 kJ, protein 18g, carbs 28g, fat 47g, sat fat 19g, fibre 1g, sugar 1g, salt 2.29g



Storecupboard recipe
everyone will love

'I need a brunch recipe - fast'

Quiche Lorraine frittata

SERVES 6 Easily doubled ●

PREP 5 mins ● COOK 30-40 mins **Easy P**

You should have almost all these ingredients, or similar, to hand, so there's no shopping required. Simply stuff into bread or eat with salad.

8 rashers smoked streaky bacon or
about 175g ham, chopped into pieces
8 eggs
200ml milk
50g strong cheddar, grated, plus extra
for sprinkling, if you like

1 Heat oven to 180C/160C fan. If you're using bacon, put it into a large frying pan and cook over a gentle-medium heat. Stir occasionally until golden and beginning to crisp up.

2 Line a roasting tin, about 20 x 28cm,

with baking parchment – just scrunch it roughly at the corners. Whisk together the eggs and milk in a large jug or bowl, then stir in the bacon or ham, plus any fat from the pan, the cheddar and some seasoning. Pour into the tin, scatter with a bit of extra grated cheese, if you like, and bake for 30-35 mins until golden and set. Eat hot, warm or cold, with bread, cherry tomatoes and a few salad leaves.

PER SERVING 229 kJals, protein 17g, carbs 2g, fat 17g, sat fat 6g, fibre none, sugar 2g, salt 1.3g



**'Everyone's eating
at different times'**

**MONEY
WISE**

Satisfying
anytime-salad

Help-yourself tuna rice salad

SERVES 8 • PREP 30 mins • NO COOK

Easy Superhealthy Count as 1 of 5-a-day lowfat

It can be hard to stick to regular meal times over the holidays and this hearty salad is ideal for busy households. It keeps well in the fridge for up to three days and can be spooned into a bowl whenever you're feeling peckish.

Approx 900g cold cooked rice (about 400g uncooked rice)

2 x 200g cans tuna in springwater
200g frozen petits pois, defrosted
under the hot tap

2 red peppers, peeled with a potato peeler (see tip), deseeded and diced

3 tomatoes, chopped into small chunks

5 spring onions, finely sliced

Bunch flat-leaf parsley, chopped

Large handful stoned green olives, roughly chopped (optional)

4 tbsp mayonnaise

Juice 1 lemon

2 tbsp extra virgin olive oil

1 The cooked rice will have probably clumped together, so break it up in a large mixing bowl. Flake in the tuna, then mix in the peas, peppers, tomatoes, spring onions, parsley and olives, if you're using them.

2 Stir through the mayonnaise, lemon juice and olive oil and season to taste. Cover the bowl with cling film or place in a large plastic container and let your everyone serve themselves whenever they are hungry.

PER SERVING 328 kcs, protein 14g, carbs 49g, fat 10g, sat fat 2g, fibre 2g, sugar 5g, salt 0.22g

TIP If your children like peppers but don't enjoy the tough skins, then use a potato peeler to peel them. A swivel blade peeler works best.



**'We want tasty
fast food'**

BBQ chicken burgers

SERVES 4 Easily doubled • PREP 10 mins

• COOK 15 mins **Easy** **P**

Defrost a pack of chicken breasts, pop out to get some fresh buns and make a sticky storecupboard marinade.

4 skinless, boneless chicken breasts

4 rashers bacon (optional)

4 large burger buns, sliced in half

Lettuce, tomato and red onion, to serve

FOR THE SAUCE AND MARINADE

4 tbsp tomato ketchup

4 tbsp brown sauce

Splash chilli sauce (optional)

2 tsp clear honey

2 garlic cloves, crushed

1 Make the sauce and marinade by mixing everything together in a large bowl, then put a few spoonfuls aside. Slice halfway into the thickest part of each breast and open it up like a book. Flatten down slightly with your hand, then toss in the bowlful of marinade to coat. Chill for as little, or as long, as you have time to.

2 Barbecue the chicken for about 10 mins until completely cooked through, turning so it doesn't burn but is nicely charred and sticky. Cook the bacon at the same time until crisp, if using, and toast the buns. Assemble the burgers with lettuce, slices of tomato, onion and the reserved sauce on the side for dolloping on top.

PER SERVING 406 kcs, protein 43g, carbs 48g, fat 6g, sat fat 2g, fibre 2g, sugar 8g, salt 1.96g

'I want to treat myself'

Steak, chips & quick pepper sauce

SERVES 1 Easily doubled • PREP 5 mins

• COOK 40 mins **Easy** 🍴

Home alone? Cook yourself a special solo supper.

2 tbsp olive oil

1 large potato, cut into chunky chips, skin left on

1 fillet steak

1 tbsp red wine vinegar

125ml beef stock

2 heaped tbsp extra thick double cream

1 Heat oven to 200C/180C fan.

Put 1 tbsp oil in a small roasting tin and heat up in the oven. Boil the potatoes in salted water for 3 mins before draining and letting steam-dry for a few mins. Season, carefully toss in the hot oil and cook for 30-35 mins until crisp and golden.

2 When the chips are nearly done, heat the rest of the oil in a frying pan.

Season the steak with lots of freshly ground pepper and a little salt, then fry for 2-3 mins on each side, depending on how rare you like it. Rest for 5 mins while you make the sauce.

3 Pour excess oil from the pan and add the vinegar. Bubble, then add the stock and boil until reduced by half. Stir through the cream, bubbling to thicken a little, then add as much extra pepper as you like. Serve with steak, chips and peas.

PER SERVING 801 kcals, protein 44g, carbs 37g, fat 54g, sat fat 23g, fibre 3g, sugar 3g, salt 0.58g

No-fuss version
of a classic



5 feelgood salads

Quick and easy, these substantial, superhealthy salads are great for take-to-work lunches.

Lighter chicken salad

SERVES 4 ● PREP 5 mins ● COOK 15 mins

Easy **Superhealthy** Count as 1 of 5-a-day, **Lowfat**

Heat oven to 220C/200C fan. Cut the crusts off **2 slices wholemeal bread** and tear into croutons. Toss on a baking tray with **1 tsp olive oil** and a little seasoning. Cook for 10-12 mins until golden and crisp. Cool.

Toss torn leaves of **2 romaine lettuces** with **4 tbsp light Caesar dressing** or **Ranch dressing** and a **squeeze of lemon juice**. Divide between 4 plates and top each with **½ sliced, skinless cooked chicken breast**, croutons and a **few shavings of Parmesan**.

PER SERVING 231 kcals, protein 26g, carbs 11g, fat 10g, sat fat 2g, fibre 3g, sugar 3g, salt 0.42g

Beef & rocket salad

SERVES 4 ● PREP 10 mins ●

COOK 5 mins **Easy** **Superhealthy** Count as 1 of 5-a-day

Mix **1 tbsp yellow mustard** with **2 tbsp wine vinegar** and **1 tbsp olive oil**. Put **100g rocket leaves** on a large platter, scatter on **1 red onion**, sliced into rings, **3 tbsp drained baby cornichons** and **cocktail onions** and **2 medium tomatoes**, sliced. Top with a **100g pack rare roast beef slices** and drizzle with the mustard dressing and fresh black pepper.

For a short-cut version, use store-bought **French dressing** for the salad instead of making your own.

PER SERVING 94 kcals, protein 10g, carbs 4g, fat 4g, sat fat 1g, fibre 1g, sugar 3g, salt 0.28g

Prawn, dill & cucumber pasta

SERVES 4-6 ● PREP 10 mins ● COOK 12 mins

Easy **Superhealthy** Count as 2 of 5-a-day, **Lowfat**

Cook **300g pasta shapes** following pack instructions, drain and cool under running water. Tip into a bowl and toss with a **small bunch chopped dill**, **juice ½ lemon**, **5 tbsp half-fat soured cream**, **300g North Atlantic cooked prawns**, **1 diced cucumber** and **1 shredded fennel bulb**. Season to taste.

PER SERVING (4) 370 kcals, protein 28g, carbs 60g, fat 4g, sat fat 1g, fibre 4g, sugar 5g, salt 1.41g

Warm roasted squash & harissa couscous

SERVES 4 ● PREP 10 mins ●

COOK 30 mins **Easy**

Superhealthy Good source of vit C, count as 2 of 5-a-day, **Lowfat**

Heat oven to 220C/200C fan. Toss **1 diced butternut squash** and **2 red onions**, cut into wedges, with **2 tbsp harissa** and seasoning. Roast for 30 mins until soft and starting to brown. Meanwhile, cook **200g giant couscous** following

pack instructions. When the veg are ready, toss with the drained couscous. Stir through some **chopped coriander** and a **squeeze of lime juice**.

PER SERVING 217 kcals, protein 6g, carbs 47g, fat 2g, sat fat none, fibre 4g, sugar 13g, salt 0.15g

Mediterranean salad

SERVES 6 ● PREP 10 mins ● COOK 15 mins

Easy **Superhealthy** Good source of vit C, count as 2 of 5-a-day, **Lowfat**

Cook **200g bulghur wheat**, following pack instructions. When ready, add **1 sliced red onion** to the pan, stir and take off the heat, drain and rinse until cool. Tip into a large bowl.

Toss through **1 diced cucumber**, a **handful pitted black olives**, **200g pack halved cherry tomatoes** and **2 deseeded and chopped peppers**. Whisk together **1 tsp dried oregano**, **2 tbsp olive oil** and **3 tbsp red wine vinegar** with seasoning. Mix with the salad and serve. You can swap this for store-bought **Italian dressing** too.

PER SERVING 185 kcals, protein 5g, carbs 31g, fat 6g, sat fat 1g, fibre 2g, sugar 5g, salt 0.12g

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Dairy delights

If you are looking for healthy ways to add dairy to your diet, try these light and innovative recipes created by home chef and food marketing guru Farah Sawaf. Photographs CRIS MEJORADA

Honey balsamico buratta with strawberry and tomato salad

SERVES 4 • PREP 15 minutes

300g buratta cheese

3 medium tomatoes in yellow, green and red, finely chopped (without seeds and peeled)

10-12 strawberries, chopped

Balsamic glaze

Manuka honey or any thick dark colored honey

1 Place buratta carefully on a plate, (handle with care, as the cream can ooze out).

2 In a bowl, mix the strawberries and tomatoes together and place beside the burratta.

3 Drizzle the balsamic over the cheese and then the honey over everything.

4 Garnish with edible flowers.



Shrimp alfredo lite

SERVES 4 • PREP 50 minutes

1/3 cup reduced fat butter
 1 cup button mushrooms, sliced
 1 small yellow zucchini, chopped
 2 medium garlic cloves, minced
 1 ½ cup low fat organic milk
 ½ cup regular or light cooking cream
 ¼ tsp ground nutmeg
 ¼ tsp kosher salt
 ¼ tsp white pepper
 ½ cup Parmesan cheese, grated
 1 cup mozzarella cheese, shredded
 1 tsp all purpose white flour
 1/4 tsp lemon zest, grated
 ½ tsp fresh rosemary, finely chopped
 14 large organic good quality shrimp,
 de-veined and de-shelled
 1 small lemon, juiced
 1 tsp lemon zest
 ¼ tsp nutmeg
 Black pepper
 A 1/2ounce package of fresh or dried
 fettuccini or spaghetti

1 To make the sauce, in a medium saucepan, melt butter and add mushrooms, sauté for 4 minutes, stirring regularly. Add the yellow zucchini. Then add garlic, milk, cream, nutmeg, salt and white pepper. Cook for 4 minutes. Next, add the Parmesan and simmer for five minutes, stirring regularly. Add mozzarella and simmer over low heat for 12 minutes. Stir in flour and add lemon zest and rosemary.

2 In a large pot, bring water to a boil for the pasta. Drizzle olive oil and sprinkle salt in the water.

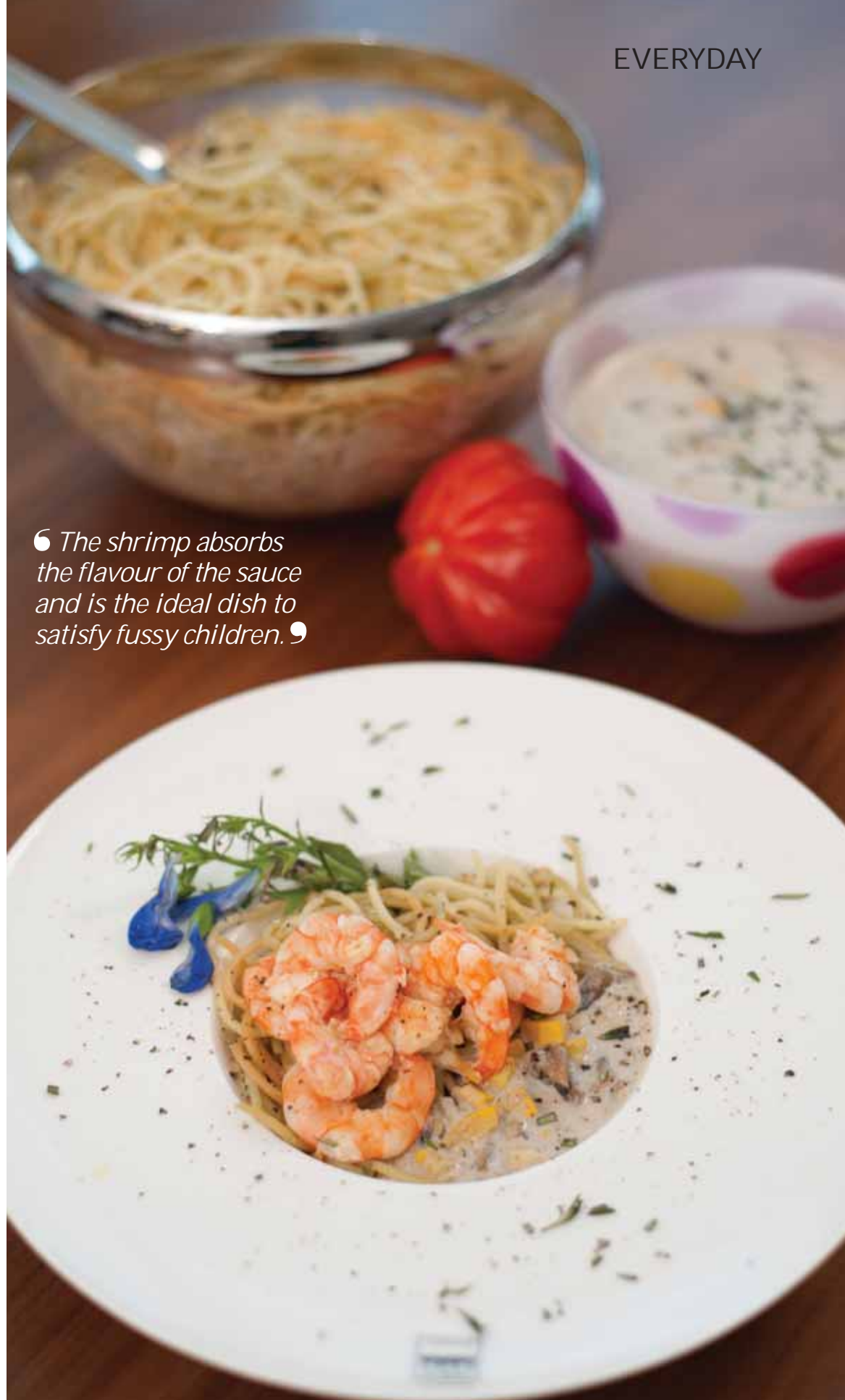
3 Over medium heat, drizzle olive oil into a skillet and add the shrimp. Slowly add lemon juice, lemon zest, nutmeg and salt and pepper. Mix well for a few minutes.

6 Drain the pasta and drizzle a touch of olive oil to the finished pasta. Set aside.

7 Turn heat off for sauce and let cool for 5 minutes.

8 Lay the drained pasta over a large serving dish. Pour sauce over the pasta and add the shrimp. Grind fresh black pepper and serve.

“The shrimp absorbs the flavour of the sauce and is the ideal dish to satisfy fussy children.”





Fruity parfait

SERVES 4 • PREP 5-10 minutes

- 1 cup water
- ¼ cup crystallised ginger, finely chopped
- ½ cup of honey
- 1 tbsp lemon zest
- 2 tbsp juice from a fresh orange
- 1 cup strawberries, chopped
- 1 cup kiwis, peeled and chopped
- 1 cup mango, chopped
- 1 box of your favourite granola or muesli
- 1 tub of Greek yoghurt

1 In a medium saucepan, boil the water. Add ginger allowing it to dissolve (small bits may be left which is fine). Lower the heat after a few minutes and add honey, lemon zest and orange juice. Set aside.

2 In a tumbler, add a dollop of yoghurt and top with desired amount of granola or muesli. Then add the fruit in layers, according to your preference. Drizzle the ginger syrup over before serving.

HEALTH BENEFITS

Dairy products such as yoghurt, milk and cheese are packed with nutrients including calcium, protein, magnesium, potassium, zinc and vitamins, which are essential for the growth and development of bones, and help boost immunity.



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3 ways with strawberries

Simple weeknight desserts with summer's favourite berry in a starring role. Recipes LULU GRIMES Photographs DAVID MUNNS



Strawberry trifle

SERVES 6 • 20 MINUTES • **Easy**

350g Madeira cake, sliced, sandwiched together with good quality strawberry jam and cut into cubes
strawberry or raspberry liqueur or crème de cassis

400g strawberries, sliced or halved and sprinkled with 1 tbsp golden caster sugar
500g pot vanilla custard
284ml double cream pot, lightly whipped

1 Divide the cake between six glasses and sprinkle a little liqueur over each.
2 Spoon over the sliced strawberries and any juice and then top each with a layer of custard and a layer of cream. Decorate with strawberries.
PER SERVING 607 kcals, protein 6.7g, carbs 59.1g, fat 39.3g, sat fat 22.2g, fibre 1.3g, salt 0.71g



Strawberries Romanoff

SERVES 2 • 10 MINUTES + CHILLING • **Easy** 🍷

250g strawberries, halved
1/2 orange, juiced and zest cut off in strips
Cointreau or Grand Marnier
142ml pot double cream whipped to soft peaks with 1 tbsp icing sugar

1 Put the strawberries in a bowl with the orange juice and a slug of Cointreau. Macerate for 15 minutes.
2 Spoon into bowls, sprinkle on the orange zest and divide the cream between them.

PER SERVING 451 kcals, protein 2.2g, carbs 20.2g, fat 38.3g, sat fat 21.4g, fibre 1.4g, salt 0.06g



Easy strawberry mousse

SERVES 6 • 20 MINUTES + CHILLING •

Easy

3 egg whites

50g golden caster sugar

300g strawberries, whizzed to a purée,
sweeten if you need to

142ml double cream, softly whipped

1 Whisk the egg whites to stiff peaks,
then whisk in the sugar to make a
glossy meringue.

2 Fold the cream into the purée,
making sure to leave a few swirls,
and spoon into glasses. Chill.

PER SERVING 170 kcals, protein 2.5g, carbs

12.2g, fat 12.8g, sat fat 7.1g, fibre 0.6g, salt 0.11g

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* Chef's Bites

Interviews with culinary experts from the UAE and beyond, plus exclusive recipes



* **72** Contemporary Indian cuisine



* **74** Gourmet with local produce



* **78** Relaxed entertaining recipes from James Martin



Sesame crusted tuna loin with baby pear salad, tuna tartar and wasabi mustard, recipe p76

Indian summer

It's easier to create restaurant-style food at home than you think! Amrish Sood, Executive chef at Ushna, Souq Qaryat Al Beri, Abu Dhabi, shares some of his signature recipes, inspired by the different regions of India. Photographs CRIS MEJORADA

Aloo channa chaat

SERVES 4

4 cup of boiled potatoes, diced
2 cup boiled chickpeas
1 tsp salt
50 ml lemon juice
1 tsp cumin seeds, roasted and crushed
3-4 tbsp tamarind chutney
4 tbsp onions, chopped
3 tbsp fresh coriander leaves, chopped
2 cup whisked yoghurt
1 cup pomegranate seeds

FOR TAMARIND CHUTNEY

250g tamarind
1/2 tsp Kashmiri chilli powder
1-2 tbsp sugar
1 tsp salt
1/2 tsp ginger powder
30g jaggery (raw sugar)

- 1** Fry the diced boiled potatoes till crisp and golden brown.
- 2** Add fried crisp potatoes along with boiled chickpeas, salt, lemon juice, tamarind chutney, roasted cumin seeds, chopped onions, pomegranate seeds and chopped coriander. Toss gently in a mixing bowl.
- 3** Serve in a salad bowl garnished with yoghurt, tamarind chutney, pomegranate and fresh coriander leaves.
- 4** To make the tamarind chutney, soak tamarind for an hour in warm water and strain the pulp.
- 5** Season the pulp with salt, sugar, jaggery, Kashmiri chilli powder and ginger powder. Gently boil to season the tamarind pulp and set aside to cool.



STYLING: Nicola Monteth; Props from Crate & barrel, 04-3990125



Meen moiley

SERVES 4

4 pc. of 150 g fish fillet (tilapia)
 3 tbsp coconut oil
 2 tbsp mustard seeds
 250g onions, sliced
 4 sprig curry leaves
 400g tomatoes, sliced
 1.5 tsp turmeric powder
 1/2 cup ginger, julienne
 4-5 green chillies, slit
 4 cups coconut milk
 1 cup coriander, chopped
FOR MARINATION
 1 tsp salt
 50ml lemon juice
 1/2 tsp Kashmiri chilli powder
 1.5 tsp fennel seeds, crushed
 1 tsp peppercorns, crushed
 1/2 tbsp butter, clarified
 1 tsp turmeric powder

- 1** Season the fish fillet with all marination ingredients and allow it to rest for 15mins.
- 2** Pan sear the fish on medium to hot pan, around 3 to 4 minutes on each side in clarified butter.
- 3** To make the moiley sauce, heat oil and crackle mustard seeds. After a few minutes, add sliced onion and sauté till translucent, then add curry leaves.
- 4** Add sliced tomatoes to the cooking onions, along with sliced green chili, ginger and turmeric powder, cook the masala for 5 minutes.
- 5** Dissolve the coconut milk powder in lukewarm water and add it to the masala.
- 6** Adjust the seasoning with salt and lemon juice.
- 7** Serve the pan seared tilapia with moiley sauce garnished with crisp curry leaves and tomatoes.



Malai Pista Kulfi

SERVES 4

2.6 l milk full cream
 2/3 cup pistachio, peeled
 2 cups sugar
 2 tbsp green cardamom powder
 Strawberry, for garnish

- 1** Boil the milk and bring to simmer. Add pistachios and reduce it to 1/3rd of its volume. Add green cardamom powder & sugar.
- 2** Cool the reduced milk & blend it to a smooth consistency.
- 3** Pour the kulfi mixture in required size molds and freeze.
- 4** Serve the kulfi frozen with diced fresh strawberry.



Amrish Sood, Indian born and raised, began his career in 2001 by training in kitchens in India before travelling to different regions to experience their culture, traditions and food habits. He incorporates these influences from around the country to create his brand of contemporary Indian cuisine, as head of the kitchens at Ushna, Qaryat Al Beri Souq.

Eco dining

Chef Nicolas Smalberger from Jebel Ali Golf Resort & Spa shares a gourmet three course menu using ingredients from the resort's bio- garden.
Photographs CRIS MEJORADA



Fillet of beef with porcini puree, sweet potato fondant, shiitake butter, parmesan tuille and broccoli raab.

Local produce seems to have become all the rage here in the UAE. Residents are waking up to the possibilities of choosing fresh fruit, vegetables and herbs that are grown in the region, straight from the farmers. The trend is also encouraging the practice of home-grown, as much amongst home chefs as with restaurants.

But long before it caught on, one Dubai hotel was at the forefront of the sustainable, grow-your-own movement. The Jebel Ali Golf Resort & Spa introduced their in-house bio-garden back in 2007.

According to Nicholas Smalberger, newly appointed executive chef at the resort, "only a few herbs and vegetables were planted in one or two gardens back then. It has now grown to become a fully fledged garden with greenhouses – to protect certain produce from the extreme rise in temperatures during summer."

South African chef Nicolas plans to inject new life into the garden, after the summer, adding more greenhouses and increasing the variety of herbs and veg. With over 17 years in the culinary industry, and having worked in 14 countries – which included catering for A-list clientele such as Oprah Winfrey, Princess Caroline of Monaco, John Travolta, Charlize

Theron and Nelson Mandela – Nicolas has accrued enough culinary experience to recognise the importance of having this handy resource. And he plans to make the most of it.

"We have a number of restaurants in the hotel with varied cuisines, so we try to use produce grown in the bio-garden and enhance the flavours of dishes, by using it, as and when possible," says Nicolas.

Adding that nothing goes to waste at the bio-garden, he says, "We try to recycle as much as possible. The peels and rinds of fruit and veg are given to animals in the petting zoo, to minimise wastage."

The bio-garden is open to everyone, and people can visit whenever they like. "In fact, kids come by all the time to plant trees, it's quite a popular activity," he says. "We have a lot of guests that return every year, and the kids especially are really interested in coming back to the garden to see the tree how the trees they planted are doing."

We asked Chef Nicolas to use the bio-garden as inspiration to come up with a five-star menu. These recipes require some effort, but the results will be totally worth it. After all, if they're good enough for royalty...

Fillet of beef with porcini puree, sweet potato fondant, shiitake butter, parmesan tuille

SERVES 4 **A little effort**

150g porcini mushrooms
FOR THE SHIITAKE BUTTER
120g shiitake mushrooms
120g butter

FOR THE SWEET POTATO
300g sweet potato, peeled and cut into 2 cm thick round discs

Salt, to taste

Pepper, to taste

20ml honey

120g parmesan cheese, finely grated

FOR THE FILLET OF BEEF

800g beef fillet, cleaned and wrapped in plastic to keep round shape

200g broccoli

150ml beef gravy (available at Spinneys)

10g garlic, finely chopped

20g shallots, finely chopped

1 In a pan, heat olive oil, chopped garlic and shallots, add the porcini mushrooms and cook for a few minutes till soft brown. Place in a blender and make a puree. Set aside.

2 To make the butter, cut the shiitake mushrooms into small diced pieces, and sauté in olive oil with finely chopped garlic and shallots until soft brown. Cool down the preparation and mix with butter. Roll in plastic wrap to make a cylindrical roll. Refrigerate.

3 Marinate the sweet potato in salt, pepper, olive oil and honey. Place the sweet potato in a tray, in a preheated oven at 150C, for 20 min.

4 Take out the sweet potato wheels from the oven, then in a hot pan, fry on both sides to give it golden brown colour. Set aside to rest.

5 Place the parmesan on a wax paper sheet, and cook in an oven at 120C for 10 minutes.

6 Remove the plastic wrap and add salt and pepper to the beef. Cut in equal portions and seal in a grill from both sides. Roast in an oven at 160C for ten minutes.

7 Sauté the broccoli for few seconds in a pan.

8 To plate, place the meat with the sweet potatoes underneath, the mushroom butter and parmesan on top. Pour gravy on top and add porcini mushroom and broccoli on the sides. Serve.



Sesame crusted tuna loin with baby pear salad, tuna tartare and wasabi mustard

SERVES 4 **A little effort**

400g tuna loin, cleaned and cut into 3cm by 10 cm strips

100g tuna loin, diced into small pieces

50g dijon mustard

50g sesame black

50g sesame white

200g sweet melon, scooped into round balls

200g water melon, scooped into round balls

100g red radish red cut into thin strips

100g baby pear, cut into small dice

50g fresh coriander, washed and finely chopped

30g harissa paste

10g wasabi mustard powder

50g mayonnaise

30ml sesame oil

2g salt

2g pepper

4 quail eggs

1 Heat the pan with sesame oil and sear tuna loin for 30 seconds per side. Season with salt and pepper

2 Remove from pan set aside to cool and rub seared tuna with dijon mustard before rolling into black and white sesame seed.

3 Peel and de-seed melon, scoop small balls from the melon using a teaspoon or scoop. Set aside.

4 To make the tartare, in a medium sized bowl, add harissa paste and coriander to small diced tuna. Set aside. In another bowl, add wasabi to mayonnaise and refrigerate.

5 Crack open quail eggs and separate yolk from the egg white, refrigerate the egg yolk.

6 Slice the tuna loin into thin slices and arrange on a plate. Place the tartare in the centre of the plate.

7 Garnish with melon, radish, baby pear, and quail egg yolk, spoon wasabi mayonnaise around and serve.



Assiette gourmand with chocolate brownie, chocolate Monte Carlo and coffee Crème Brûlée

SERVES 4 **A little effort**

FOR THE MONTE CARLO

80g chocolate mousse
75g bitter sweet dark chocolate (70% or more)
130ml whipping cream
37g granulated sugar
18ml water
34g eggs

FOR THE CHOCOLATE CRUNCH

36g milk chocolate
18g corn flakes, crushed
7g butter

FOR THE CHOCOLATE BROWNIES

67g chocolate (60% coco powder)
100g brown sugar
84g soft butter
60g eggs
67g all-purpose flour
1.7g baking powder
100g walnut
1.7g vanilla seed

FOR THE COFFEE CRÈME BRÛLÉE

78ml whole milk
78ml heavy cream
47g egg yolk
24g granulated sugar
7g coffee paste

1 For the Monte Carlo, whisk the egg yolks, until they become light and fluffy. Meanwhile, cook the sugar with the water to make a syrup. Check the temperature, it should be 120C.

2 Whip the cream to a soft peak. With the mixers on low speed, carefully put the syrup and egg yolks into a mixing bowl and mix until the preparation becomes lightly warm. In a microwave or bowl, melt the chocolate and then mix together the syrup preparation, melted chocolate and whipped cream. Fold together in slow movements and set aside.

3 To make the chocolate crunch, melt the chocolate. Fold the crushed cornflakes into the melted chocolate. While it is warm, spread the preparation on baking paper and chill for a few hours.

4 For the chocolate brownie, place butter in a bowl with the brown sugar and whisk until the cream is white and fluffy. Stir the eggs and mix with the melted chocolate, walnuts and the flour, when the preparation is uniform add the mix of butter and sugar with slow combining movements. Bake at 200C for 40 minutes then cool down and reserve.

6 For the coffee cream brulee, preheat the oven to 150 degrees, place the milk, cream, and coffee paste in a saucepan and bring to boil. In a bowl whisk this preparation together with the egg yolks and the sugar.

7 Strain the preparation and place the cup large pan filled with hot water. Bake for 20 minutes.

8 For the Monte Carlo in a ring, place a layer on brownie cover with with caramelised sugar and crushed nuts and fill with mousse, chill and then cover with chocolate glacage.

9 Cut one square of the brownie and reserve. Meanwhile, caramelize the cream brulee with brown sugar and torch.

10 To serve, place the Monte Carlo cake, the brownie with one scoop of peanut butter ice cream quenelle on top and the cream brulee at the side.





James Martin's
KITCHEN

One-pots to share

Having friends over? Keep it simple for yourself with these big, hearty dishes that everyone is guaranteed to enjoy.

Photographs STUART OVENDEN

One-pots are so convenient for entertaining. There's no worrying about fancy dishes, just take to the table and serve. Plus, big bonus – minimal washing up!



Chicken & chorizo rice pot

SERVES 4 • PREP 20 MINS •

COOK 1 HR 20 MINS **Easy**  

Good source of vitamin C, 1 of 5-a-day

- 1 tbsp oil
- 8 chicken pcs. or 1 whole chicken, jointed
- 1 large onion, chopped
- 1 red pepper, deseeded and chopped into large chunks
- 3 garlic cloves, crushed
- 225g chorizo, skinned and sliced
- 1 tbsp tomato purée
- 1 tbsp thyme leaves, chopped
- 150ml white wine
- 850ml chicken stock
- 400g long-grain rice
- 2 tbsp parsley, chopped

1 Heat the oil in a large flameproof casserole dish and brown the chicken pieces on all sides – you may have to do this in batches. Remove from the dish and put to one side.

2 Lower the heat, add the onion and pepper, and gently cook for 10 mins until softened. Add the garlic and chorizo, and cook for a further 2 mins until the chorizo has released some of its oils into the dish. Stir in the tomato purée and cook for 1 min more.

3 Return the chicken pieces to the dish along with the thyme, white wine and stock. Bring the liquid to a boil, cover the dish with a tight-fitting lid and lower the heat. Cook for 30 mins.

4 Tip in the rice and stir everything together. Cover, set over a low heat and cook for a further 15 mins, or until the rice is cooked and has absorbed most of the cooking liquid. Remove from the heat and leave the dish to sit for 10 mins to absorb any remaining liquid. Season to taste and scatter with parsley to serve.


PER SERVING 834 kcal, protein 63g, carbs 90g, fat 21g, sat fat 7g, fibre 4g, sugar 9g, salt 1.7g



Makes a great vegetarian weekend lunch

Ratatouille hotpot

SERVES 4-6 • PREP 25 MINS •

COOK 1½ HRS **Easy**  

Good source of vitamin C, folate and calcium, 4 of 5-a-day

- 1 tbsp oil
- 2 red onions, chopped into 2cm dice
- 2 garlic cloves, crushed
- 2 red peppers, cut into 2cm dice
- 3 courgettes, cut into 2cm dice
- 1 aubergine, cut into 2cm dice
- 400g can chopped tomatoes
- 3 potatoes, thinly sliced
- ¼ nutmeg, grated
- 150ml double cream
- small bunch basil, chopped
- 85g Gruyère (or vegetarian alternative), grated
- Salad, to serve (optional)

1 Heat the oil in a shallow flameproof casserole dish or pan. Add the onions and cook for 2 mins, then tip in the garlic, peppers, courgettes and aubergine.

Cook over a medium heat for 10 mins (adding a splash of water if the dish looks dry), until the vegetables are soft.

2 Stir in the tomatoes and 4 tbsp water. Season well. Cover and leave to bubble gently for 15 mins. Heat oven to 180C/160C fan.

3 Meanwhile, tip the potato slices into a bowl. Season with salt, pepper and the nutmeg, then pour over the cream. Toss everything to coat. Remove the casserole dish from the heat and stir in the basil. Lay the potato slices on top of the ratatouille, creating a spiral pattern, then pour over any remaining cream. Place in the oven, uncovered, for 40 mins.

4 Remove from the oven and increase heat to 200C/180C fan. Scatter over the cheese and bake for a further 20 mins until golden and bubbling. Serve with salad, if you like.

PER SERVING (4) 512 kcal, protein 15g, carbs 41g, fat 32g, sat fat 18g, fibre 8g, sugar 16g, salt 0.5g



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Food for the Weekend

Inspirational ideas for relaxed family meals and entertaining in style



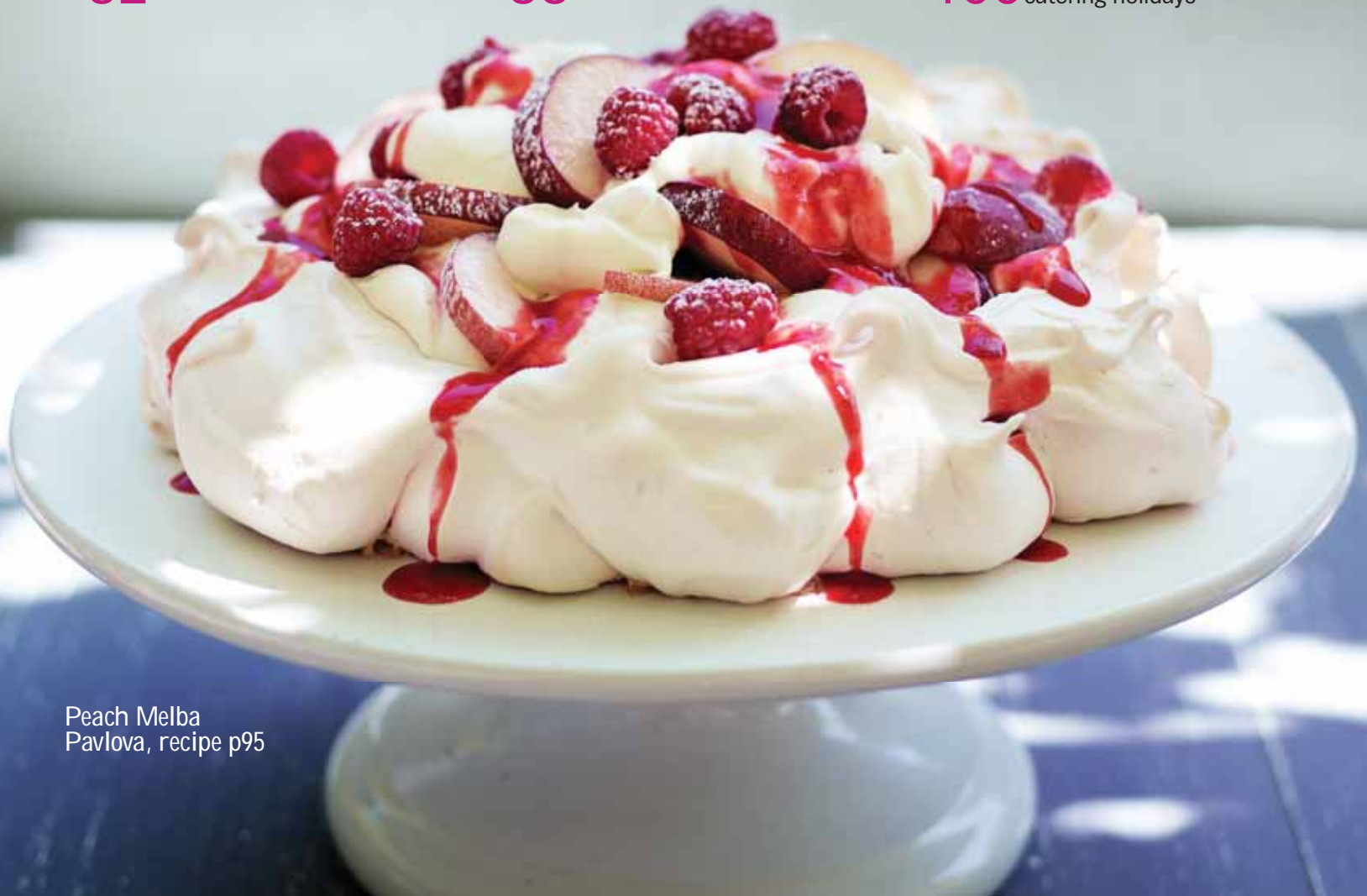
82 Versatile dinner party menu



88 Scrumptious speedy puddings



100 Cooking ideas for self-catering holidays



Peach Melba
Pavlova, recipe p95

Easy supper for six

This versatile make-ahead menu
can be served hot or cold.

Recipes JANE HORNBY Photographs PHILIP WEBB

MENU SERVES 6

STARTER

- Crisp feta nibbles with dips

MAIN COURSE

- Fragrant roast chicken
- Spiced herb & almond couscous
- Cumin roast peppers, tomatoes & olives

DESSERT

- Raspberry & rose trifles

TIMEPLAN

This menu comes together quicker than a traditional roast, and a lot of it can be prepared ahead, giving you plenty of time to relax with your friends.

TO GET AHEAD THE DAY BEFORE

- Make feta nibbles up to end of stage 2
- Cover chicken with spiced butter
- Roast the tomatoes and peppers
- Make the trifles and chill

ON THE DAY (TO SERVE HOT)

- Roast chicken and make the couscous
- Cook the tomatoes and peppers at the same time as the chicken if not made ahead

- Serve the starter while the chicken rests and the couscous fluffs up Reheat the cumin roast veg if made ahead

- Serve the chicken, couscous and veg Decorate the trifles just before serving

TO SERVE COLD

Make everything ahead, or simply leave the roast to cool while you relax with a drink. Toast the pitas, add the coriander to the couscous and finish the desserts just before you serve



Crisp feta nibbles

SERVES 6 ● EASILY DOUBLED ● PREP 10 MINS ● COOK 5 MINS ● **Easy**

6 pieces pita bread

200g pack feta

20g pack flat-leaf parsley or mint, leaves roughly chopped

Vegetable crudités, plus houmous, tzatziki or your favourite dips, to serve

1 Toast the pitas in a toaster until they're just under-done – puffed up but not yet crisp – then leave to cool for a few mins. Meanwhile, using a fork, mash the feta in a large bowl. Stir in the herbs and lots of black pepper.

2 Cut a slit along one edge of each pitta, then spoon in the feta. Spread it out over the inside of the bread with the back of the spoon or a cutlery knife. Can be prepared up to 1 day ahead and kept covered in the fridge.

3 To serve, re-toast the pitas, cut-side up, in the toaster until the bread is just crisp, then leave to cool for 2 mins before cutting into wedges. Best eaten within 30 mins of toasting.

PER SERVING 277 kcalories, protein 12g, carbohydrate 42g, fat 8g, saturated fat 4g, fibre 2g, sugar 3g, salt 2.06g



Fragrant roast chicken

SERVES 6 ● PREP 10 MINS ● COOK 1 HR 15 MINS ● **Easy**

1 large chicken, about 1.8kg

2 lemons, halved

2 heads garlic, halved across the middle, plus 2 garlic cloves, crushed

50g butter, softened

2 tsp Ras-el-hanout spice mix

1 tsp smoked paprika, optional

200g pot Greek yoghurt

1 Heat oven to 200C. Put ½ a lemon and ½ a garlic head into the chicken's cavity, then put into a roasting tray. Mix butter, garlic and half the spices and spread over chicken breast and legs. Season well. Put the remaining garlic into the tray and roast chicken for 1 hr. Mix remaining spices into yoghurt and season.

2 Remove chicken and smother with yoghurt. Spoon some of the juices over, add the remaining lemon to the tray, then roast until the yoghurt is golden, and the juices run clear. Lift chicken onto a board, cover and rest for 10 mins before carving. Serve hot or cold.

PER SERVING 379 kcalories, protein 29g, carbohydrate 3g, fat 28g, saturated fat 12g, fibre none, sugar 2g, salt 1.96g



Bursting with flavour



Spiced herb & almond couscous

SERVES 6 ● EASILY DOUBLED ● PREP 5 MINS PLUS 10 MINS STANDING ● COOK 5 MINS ●

Easy Low fat

2 red onions, halved and sliced

425ml hot chicken stock

(from a cube is fine)

Pinch saffron strands (optional)

1 fat red chilli, sliced

500g couscous

40g coriander, leaves only

50g toasted whole almonds

handful dates, roughly chopped

Juice ½ lemon

1 Once the chicken is cooked, tip the onions into the roasting tray (leave the juices in there, but you can tip out some of the chicken fat if you like) and fry for about 5 mins until just softened. While you're frying, add the saffron strands to the stock if using, so the flavour and colour infuses.

2 Tip the chilli into the tray, fry for 1 min more, then take off the heat. Add the couscous and stock, then cover with cling film for 10 mins. Once the couscous has absorbed all the stock, quickly chop the coriander (if you chop it too soon it will start to wilt), then fork it through the couscous with the almonds, dates and lemon juice and serve straight away. To serve cold, leave to cool, then add the chopped coriander just before eating.

PER SERVING 297 kcalories, protein 10g, carbohydrate 53g, fat 6g, saturated fat 1g, fibre 2g, sugar 10g, salt 0.37g

Cumin roast peppers, tomatoes & olives

SERVES 6 ● EASILY DOUBLED ● PREP 5 MINS ● COOK 35 MINS ● Easy Superhealthy

Roasting brings out the best in lots of veg, but peppers have to top the list.

4 red peppers, deseeded and cut into chunky pieces

3 tbsp olive oil

2 x 300g packs cherry tomatoes on the vine (or use smallish tomatoes and halve them)

1 tsp cumin seed

100g fat green olives

1 Put the peppers in a medium roasting tray (or an ovenproof frying pan will do) and splash with 2 tbsp of the oil. Season generously, then roast with the chicken at 200C for about 20 mins, until softened.

2 Sit the bunches of tomatoes among the peppers, scatter the cumin over everything, then drizzle with the rest of the oil. Season again, then roast for about 10 mins until the tomato skins have split.

3 Toss the olives through just before serving. Can be made up to a day ahead and served cold, or reheated in a hot oven for 5 mins.

PER SERVING 116 kcalories, protein 2g, carbohydrate 10g, fat 8g, saturated fat 1g, fibre 3g, sugar 9g, salt 0.81g



Raspberry & rose trifles

SERVES 6 ● PREP 10 MINS PLUS 30 MINS

CHILLING ● COOK 2 MINS ● Easy

Raspberries, rose, orange and pistachio are flavours that come together beautifully in this pretty trifle. If you do use the Turkish delight, serve what's left of the box with coffee or mint tea after dinner.

2 cubes rose Turkish delight (optional)

500g pot good-quality fresh vanilla custard

½ a 350g bought Madeira loaf

300g pack raspberries

Juice 1 orange

200ml tub crème fraîche (use reduced-fat if you like)

Handful pistachios, roughly chopped

1 If using Turkish delight, snip into pieces with kitchen scissors into a large bowl and add a few tablespoons of water. Microwave on high for 1 min, stirring after 30 secs, or until dissolved and smooth. Tip in the custard and stir together.

2 Break the cake into rough chunks and divide between 6 sundae dishes or serving glasses. Mix half of the raspberries with the orange juice in a bowl and crush gently with a fork to break the fruit up slightly. Spoon over the cake layer.

3 Cover with the custard, then leave to cool in the fridge for at least 30 mins. This dish can be made up to 1 day ahead and refrigerated. To serve, top the trifles with a dollop of crème fraîche, the remaining raspberries and a sprinkling of pistachios.

PER SERVING 380 kcalories, protein 6g, carbohydrate 35g, fat 26g, saturated fat 15g, fibre 2g, sugar 24g, salt 0.41g



Delicately scented

Learn to butterfly a leg of lamb



If you've never tried it, this is a really useful technique for a barbecue or roast. Master the skill, then try this delicious bbq dish. Recipe BARNEY DESMAZERY Photographs MYLES NEW and PETER CASSIDY

Equipment you need:

- Large chopping board
- Sharp cook's knife • Rolling pin



1 Lay the leg of lamb on a large, sturdy chopping board with the meatier side facing down. Locate the central bone either end, then use a sharp knife to make an incision from one end to the other, until you hit the bone.



2 Use your knife to cut the meat away from the bone. Try to keep your knife as close to the bone as possible – use a scraping motion to avoid wasting too much meat.



3 Continue cutting underneath the bone and around the hip joint until you are able to lift it out of the meat. You can now open the leg to resemble a pair of butterfly wings.



4 Make slashes through the thicker parts of the meat to open the leg out further and give you an even thickness all over. This will allow the meat to cook evenly.




5 Remove any tendons, sinew or large pieces of fat from inside the meat.



6 Use a heavy rolling pin or mallet to bash the meat, to flatten it out slightly and give an even thickness throughout. The lamb can now be marinated or cooked straight away.

Barbecued Greek lamb with tzatziki

SERVES 6 • PREP 40 mins plus marinating

• COOK 30-40 mins • **Easy** 

4 garlic cloves
4 tbsp olive oil
Juice 1 lemon
1 tbsp dried oregano
1 tbsp thyme leaves
2 bay leaves
1 leg of lamb, butterflied
flatbreads, to serve

FOR THE TZATSIKI

½ cucumber, halved and deseeded
170g pot Greek yoghurt
1 small garlic clove, crushed
handful mint leaves, chopped

1 Mash the garlic to a paste with a pestle and mortar. Mix with the olive oil, lemon juice, oregano and thyme leaves, and season with a little salt and plenty of pepper. Place the lamb in a large porcelain dish. Pour the marinade over the lamb and massage into the meat. Leave the lamb for at least 1 hour at room temperature, or longer in the fridge, but no longer than overnight or the meat will become too soft.

2 To cook the lamb, fire up the barbecue, or heat the oven to 220C/200C fan. To cook on the barbecue, wait for the coals to turn ashen, then lay the lamb on the grill and cook for 15 mins on each side, for meat that is pink, or 20 mins on each side for well done. To cook in the oven, place the lamb in

a shallow roasting tin and roast for 30 mins for pink or 40 mins for well done, turning the lamb halfway through. Leave the meat to rest for 10 mins before carving.

3 Meanwhile, make the tzatziki. Coarsely grate the cucumber, sprinkle with a pinch of salt and squeeze out all the liquid. Tip into a bowl with the yoghurt, garlic and mint, and

mix well. Carve the lamb into thick slices and serve with the tzatziki wrapped up in warm flatbreads.

PER SERVING 589 kcals, protein 50g, carbs 3g, fat 42g, sat fat 17g, fibre none, sugar 2g, salt 0.4g



Easy desserts

These seasonal puddings will impress, without giving away how fuss-free they are to make!

Blackcurrant ice cream

SERVES 8 • 25 MINUTES + CHURNING
AND FREEZING • **Easy**

This recipe uses low-fat custard as a base, and contains a lot of fruit to make a refreshing, sorbet-style ice cream.

800g blackcurrants, fresh or frozen

100-150g golden caster sugar

425g low-fat custard

300ml extra-thick single cream

1 Put the blackcurrants in a pan with a splash of water. Cook over a low heat for 20 minutes, or until they are very soft. Sieve, then discard the seeds and skins. Sweeten the blackcurrant purée with 100g of the sugar, stirring until dissolved. Leave to cool.

2 Stir the custard and then the cream into the purée and adjust the sweetness if you need to. Pour into an ice cream maker and churn until thick, then freeze. Remove from the freezer 10-15 minutes before serving. Scoop into tumblers or ice cream cornets to serve.

PER SERVING 186 kcals, protein 3.4g, carbs 28.1g, fat 7.5g, sat fat 4.7g, fibre 3.7g, salt 0.15g





Peaches and redcurrants in Sauternes jelly

SERVES 4 • 15 MINUTES + SETTING • **Easy** 🍷

Leaf gelatine 4 sheets

375ml bottle of Sauternes or other pudding wine

Peach 1 ripe, stoned and thinly sliced

50g redcurrants

1 Soften the gelatine in cold water for 5 minutes. Put the wine in a saucepan and warm gently but don't simmer. Take off the heat.

2 Squeeze the gelatine of excess water then add to the wine and stir until dissolved. Cool and leave until the jelly starts to thicken, then stir in the fruit and spoon into 4 small glasses. Leave to set for 2-3 hours, or overnight

PER SERVING 121kcal, protein 5.7g, carbs 8.4g, fat 0.0g, sat fat 0.0g, fibre 0.9g, salt 0.08g



Peach melba trifle

SERVES 6 • PREP 5 mins • NO COOK

Easy

12 amaretti biscuits, broken in half

150ml orange juice

4 ripe peaches or nectarines

225g jar raspberry coulis or sauce

500g tub vanilla custard

300ml pot double cream

1 Put the amaretti into a glass bowl and pour

over the orange juice. Slice the peaches or nectarines and save a few good slices for the top. Add the rest to the bowl and mix lightly. Drizzle over a little coulis, followed by the custard.

2 Whip the cream until it just holds its shape then spoon over the trifle. Top with the reserved peach slices and drizzle with a little more raspberry coulis. Chill for up to 2 hrs, until ready to serve.

PER SERVING 481 kcal, protein 5g, carbs 45g, fat 33g, sat fat 19g, fibre 2g, sugar 32g, salt 0.29g

MAKE THIS WITH →

Use Al Ain Dairy's orange juice to get the perfect flavour in your Peach Melba trifle recipe. Their juices contain Vitamins A and C, plus fibre, giving this dessert a healthy twist!





Banoffee trifles

SERVES 4 • PREP 5 mins •

NO COOK **Easy** 🍷

6 tbsp tropical fruit juice
2 tbsp rum or brandy
2 firm bananas
8 thin slices Madeira cake
2 tbsp Belgian chocolate sauce
4 heaped tbsp Dulce de leche
225g mascarpone
250ml chilled custard (from a tub)
Block plain chocolate (any type or size)

1 In a large bowl, stir the fruit juice with the rum or brandy. Slice the bananas into the juice mixture and toss together.

2 Sandwich the slices of Madeira cake with the chocolate sauce, dice into squares and pile in the bottom of four glasses. Top with the banana and rum mixture, then add a heaped spoonful of Dulce de leche to make another layer.

3 Next, beat the mascarpone and custard together until smooth, then spoon on top of the mixture. Chill for up to 2 hrs. Before serving, run a potato peeler down the flat back of chocolate to make shavings and scatter these on top.

PER SERVING 624 kcals, protein 7g, carbs 52g, fat 44g, sat fat 26g, fibre 1g, sugar 42g, salt 0.9g

MAKE THIS WITH ↑

Al Ain Dairy's fruit cocktail nectar contains a delicious mix of tropical fruity flavours, adding a refreshing taste to the dessert. The long-life juice carton keeps for ages too!





Apricot and almond pastries

MAKES 6 • 40 MINUTES • **Easy**

Use extra thin puff pastry for fewer calories.

250g puff pastry

Plain flour for dusting

50g reduced sugar apricot jam, warmed

4 apricots, halved, stoned and sliced

10g flaked almonds

2 tsp icing sugar

6 tbsp half-fat crème fraîche, to serve

1 Heat the oven to 200C/fan oven 180C. Roll the pastry about 3mm thick. Cut 6 rectangles, approx 13 x 8cm.

2 Put the rectangles on a large baking tray lined with baking parchment. Brush apricot jam in the centre of each one, leaving a 1cm gap around the edge. Arrange 6-7 slices of apricot on each rectangle. Brush the apricots with jam. Sprinkle with flaked almonds.

3 Bake for 16-18 minutes, or until the pastry is puffed, golden brown. Dust with icing sugar and serve warm with the crème fraîche.

PER TART 216 kcals, protein 3.3g, carbs 22.4, fat 13.2g, sat fat 5.9g, fibre 1.5g, salt 0.43g

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Recipes MARY CADOGAN
Photographs MYLES NEW



Apricot butter cake
– recipe, p92



Nectarine salad with goat's cheese toasts

SERVES 4 • PREP 20 MINS •

COOK 4 MINS **Easy** **V** **Lowfat**

Juice 1 lemon or 2 limes
2 tsp clear honey
1 mild red chilli, deseeded and
finely chopped
4 ripe nectarines
8 slices baguette
200g goat's cheese (choose
a log-shaped one)
Handful coriander leaves

1 Mix the lemon or lime juice, honey and chilli in a bowl with a little salt. Halve, stone and chop the nectarines, then toss in the dressing.


2 Toast the baguette on both sides. Cut the goat's cheese into 8 slices and top each toast with a slice.

3 Lift the nectarines into a serving bowl with a slotted spoon and stir through the coriander. Tip the dressing into a small jug and serve alongside the nectarines and goat's cheese toasts.

PER SERVING 291 kJ, protein 13g, carbs 42g, fat 9g, sat fat 5g, fibre 3g, sugar 16g, salt 1.39g



Apricot butter cake

CUTS INTO 10-12 slices ● PREP 30 mins ● COOK 1-1¼ hrs **Easy** 

150ml milk
1 tsp vanilla extract
300g caster sugar
3 eggs
350g self-raising flour
200g butter, melted
350g ripe apricots
FOR THE TOPPING
25g butter, melted
3 tbsp light muscovado sugar
3 rounded tbsp toasted flaked almonds

1 Heat oven to 160C/140C fan. Butter a 23cm-deep cake tin (preferably not loose-based, see tip below) and line the base with silicone or baking parchment. Mix the topping ingredients and spread over the base of the tin.

2 Mix the milk and vanilla together. Put the sugar and eggs into a large bowl and whisk with a tabletop or hand electric mixer until the mixture is thick, pale and increased in volume, about 5 mins. Check if it is ready by lifting the whisk blades – if the mixture briefly leaves a trail, you are ready to proceed.

3 Add one-third of the flour and whisk slowly to incorporate, then one-third of the milk and mix again. Repeat twice more until all the flour and milk is added. Slowly whisk in the melted butter.

4 Halve and stone the apricots. Place, cut-side down, in the base of the tin. Pour the cake batter over the top and slide into the oven. Bake for 1-1¼ hrs until the cake is firm to the touch and springs back when lightly pressed.

5 Cool the cake in the tin for 20 mins, then carefully remove from the tin, peel off the lining paper and serve warm or cold.

PER SERVING (12) 410 kcals, protein 6g, carbs 55g, fat 20g, sat fat 11g, fibre 2g, sugar 33g, salt 0.57g

TIP

If your cake tin has a loose base, line the base and sides with foil, pressing it firmly to the tin, then line the base with baking paper. This will prevent the apricot juices from leaking.



Richly spiced plum chutney

MAKES about 2kg/4lb 8oz ● PREP 30 mins ● COOK 35-40 mins

Easy  **Lowfat** 

This chutney is really good with all sorts of cold cuts, particularly turkey, pork and ham, so, it's a great idea to make now and stash away for the festive season.

1kg plums, halved, stoned and finely chopped
3 onions, finely chopped
100g dried cranberries or raisins, roughly chopped with an oiled knife
1 tbsp finely grated ginger
1 tbsp black mustard seeds
1 tbsp ground cumin
1 tbsp paprika
1 tsp chilli flakes
750ml red wine vinegar
500g light muscovado sugar

1 Put all the ingredients, except the sugar, into a large pan and stir well.

Bring slowly to the boil, then reduce the heat, cover and simmer for 10 mins, until the plums are tender.

2 Stir in the sugar plus 2 tsp salt and keep stirring until it has dissolved. Boil the chutney for 20-30 mins, uncovered, stirring occasionally to prevent it catching on the bottom, until it is thick and pulpy.

3 Pot into sterilised jars (see Know-how, below), seal, label and store for at least 2 weeks before eating. *Will keep for up to 6 months in a cool dark place.*

PER ROUNDED TBSP 39 kcals, protein none, carbs 9g, fat none, sat fat none, fibre none, sugar 9g, salt 0.13g

KNOW-HOW

To sterilise jars, wash in hot soapy water, rinse well and dry in a roasting tin in the oven at 180C/160C fan for 10 minutes just before using.

Peach melba pavlova

SERVES 6-8 • PREP 30 MINS • COOK 1½ HRS

Moderately easy 

You can make the meringue up to 3 days in advance and store in a cake tin, but don't add the topping until you're just about ready to serve this wonderful dessert.

4 egg whites**100g each caster and icing sugar****1 tsp each cornflour, vanilla extract and vinegar****FOR THE TOPPING****250g raspberries****3 tbsp caster sugar****3 ripe peaches****300ml pot double cream****icing sugar, for dusting**

1 Heat oven to 120C/100 C fan. Line a large, flat baking sheet with baking parchment. Tip egg whites into a large bowl. Sift together the sugars. Blend the cornflour, vanilla and vinegar to a paste.

2 Whisk the egg whites until stiff, then whisk in the sugars, 2-3 tbsp at a time, alternating with the paste. Continue whisking until the meringue is thick and marshmallow-like.

3 Spoon the meringue onto the prepared baking sheet and spread to a 22cm round. Use the back of a metal spoon to make a shallow dip in the centre for the filling. Bake the meringue for 1½ hrs, then turn off the heat and leave it in the oven to cool. Transfer to a flat serving plate.

4 Put ½ the raspberries in a pan with the sugar and 2 tbsp water. Bring to the boil, stirring to dissolve the sugar, then cook for a few mins

until the raspberries are soft and pulpy. Tip into a food processor with ½ the remaining raspberries and whizz to a purée. Press through a sieve into a bowl to remove the pips. Cool.

5 Halve and stone the peaches, then cut each half into 4-5 slices. Whip the cream until stiff. Drizzle over half the raspberry sauce and fold in gently with a large metal spoon to make a ripple effect. Carefully spoon the cream into the centre of the meringue. Pile the peaches on top and scatter with the remaining raspberries. Drizzle with the remaining sauce and dust lightly with icing sugar. Serve immediately.

PER SERVING (6) 461 kcals, protein 4g, carbs 54g, fat 27g, sat fat 15g, fibre 2g, sugar 53g, salt 0.17g



The height of the summer season is the time to indulge in the heady scents and luscious juiciness of apricots, nectarines, peaches and plums!

A Travel: gourmet heaven

Whether you're touring the countryside or zipping over for a short break, France is a wonderful destination for foodies. Visiting three of her favourite regions, Susan Marling recommends what to enjoy while you're there and what to bring back.



Brittany

Brittany brings fishing and farming together in a glorious wealth of produce. Surrounded by the sea on all three sides, its spectacular coastline is dotted with hundreds of ports and quays where, every day except Monday (the fishermen's day of rest), great hauls of fish and seafood are landed to be auctioned or sold. Inland, the Bretons are in charge of what is possibly the foremost agricultural region of France. The mild, but wet, climate produces excellent vegetables (this is where 'Onion Johnnies' – Frenchmen on bikes selling strings of sweet pink onions came from).

It's a famous pig-rearing region, reflected in its ham, bacon, black pudding and speciality andouilles (oak-smoked chitterling sausages, usually eaten cold), and pâté breton (coarse-textured pork terrine). And there's salt, tons of it, gathered from the salt marshes of the Guérande Peninsula. The lamb that grazes on

these salty meadows becomes the Breton speciality agneau de pré salé (salt-meadow lamb), which has a superb flavour when roasted.

LOCAL SPECIALTIES

A wonderful place to savour Brittany's outstanding seafood is on a boat – Ma Petite Folie is a former lobster and crayfish catcher, now moored in Brest, overlooking the great bay, and turned into a restaurant. It's splendid for crab, John Dory and scallop-and-veal terrine, but you must book.

All along the coast you can enjoy langoustines and scallops from the Bay of St Brieuc, oysters from the Morbihan coast in the south, and Cancale, in the north, which is famous for its belons or flat oysters – cultivated there and sold all over Europe. On Cancale's sea-front promenade, Quai Thomas, a dozen oysters can be bought shucked to eat for €3 (around Dhs14).

One of the best hotel/restaurants in Brittany is Les Maisons de Bricourt, in Cancale – three establishments in one, including a gourmet restaurant and a bistro. Ty Breiz on the Quai Gambetta is a rustic, port-side eatery with unpretentious, but excellent seafood – dishes range from moules frites (mussels and chips) and cotriade (a fish soup, like bouillabaisse) to the gourmet homard à l'armoricaïne (lobster flamed in brandy and simmered in white wine). In Cancale you can visit the Ferme Marine (oyster farm), with tours in English in the summer, for an insight into the oyster trade or email ferme.marine@huitres-francaises.com.



SHOPPING AND EATING OUT

Moving south, Dinan has a charming food market on Tuesdays, Thursdays and Saturdays. Like most markets, this operates in the morning but a good, if early, lunch may be had there. Try the olive or walnut bread, with the local sausages and Breton crêpes. Dinan's old town heaves with touristy restaurants, but recommended is Crêperie Ahna (00 33 296 39 09 13), where delicious *galettes* (buckwheat pancakes with savoury filling) are €6-8.

One of the largest markets in France takes place each Saturday at Les Lices in Rennes, the regional capital of Brittany. Expect oodles of fresh fruit, especially melons and strawberries, and seasonal vegetables. The Rennes market is in a square of timber-framed houses where you will find the family-friendly restaurant Au Marché des Lices. Top of the range is L'Escu de Runfao in rue du Chapitre, in a beautiful 16th-century town house. Expect inventive Breton cooking such as Coquilles St-Jacques with caramelised endives in ginger sauce!

Brittany does do healthy eating, too. The coast, especially in the far west, is studded with grand spa hotels which offer that other Breton speciality – thalassotherapy: treatments with sea water. Many have gourmet restaurants serving food that won't thicken your waist. On the Crozon peninsula try the modern Thalassa at Quai du Styvel in Camaret-sur-Mer or the belle époque Grand Hotel in Morgat. The Fermes-Auberges (family-friendly farm inns), make perfect stops on a driving holiday. Visit chambres-agriculture.fr for a list.



■ WHAT TO BRING BACK

Smoked sausage, Breton cakes and biscuits (especially *kouign-aman* 'butter cake') and wafer biscuits from Nantes. Nicely packaged salt (*fleur de sel* is the best), pretty tins of sardines and tins of seafood treats such as lobster bisque. *Lambig* (the Calvados of Brittany) and local cider make good presents. Cider is often drunk from cups, particularly the famous earthenware from Quimper. Quimper tableware, decorated in blue and yellow, is richly evocative of eating well in rural France.

Provence

Provençal food is an explosion of colour and fragrance. The Romans came and cultivated olives, wheat and wine here and, ever since English food writer Elizabeth David cracked open the secret in the 1960s, it's just gone on getting better ever since. This is the land of garlic, herbs – including lavender – and tomatoes, exotic vegetable dishes (artichokes stuffed with salted pork), *soupe au pistou* (hearty four-bean soup with basil, garlic and olive oil) and game. Here, you may begin a meal with *crudités* dipped in the celebrated condiments of *aïoli* (garlic mayonnaise), *anchoïade* (anchovy dressing) and *tapenade* (mashed olives).

■ LOCAL SPECIALTIES

Bouillabaisse is at the heart of Provençal cooking. The word is from the French *bouiller*, to boil, and *baisser*, to lower the flame, and the best sort is made from at least ten kinds of fresh fish and may be served as two courses. The first course is a saffron-tinted soup accompanied by toasted baguette, while the second is the meaty soup that must have

racasse (scorpion fish) and conger (conger eel). Marseille is the home of this dish and a group of restaurants have signed a charter to defend the authentic recipe. Two of the best are Chez Michel – where it's a joy just to see the waiters de-boning the fish – and the Miramar, a 1950s-vintage portside restaurant that claims to be the original home of the soup and where it is served as the traditional two-parter. Check it out at bouillabaisse.com.

■ SHOPPING AND EATING OUT

There are thousands of restaurants in this region. At the top of the range comes Restaurant Christian Etienne (christian-etienne.fr), close to the Palace of the Popes, in Avignon, where regional produce is treated with a chef's flair or even wit, to produce the Menu Tomato

– seven courses, including dessert, all based around tomatoes! For family eating, visit a wine-producing château or Ferme-Auberge (inn attached to a working farm) where eating may be done around shared tables or benches. One to try is Lou Meou, at Lauris, at the foot of the Luberon. Visit heart-of-provence.com for other restaurant recommendations.

Most towns have local markets in the morning. Aix-en-Provence is one of the larger and the most famous. This town, with over 40,000 students and a thriving summer music festival, is bursting with cultural life. The restaurant that epitomises that (where Zola and Cézanne used to hang out) is the Brasserie des Deux Garçons (les2garcons.fr). Founded in 1792, and popular with everyone from Piaf to Picasso, it hasn't lost its charm.

■ WHAT TO BRING BACK

In Arles buy the local saucisson d'Arles and visit Puyricard, on rue Dulau, for an amazing selection of crystallised fruits, marzipan models and wonderful chocolates.

In Marseille, Bataille at 25 Place Notre Dames du Mont, is a treasure trove of a gourmet food shop for oils, tapenades and local specialties.

In Avignon, La Tropicienne on rue St Agricole is a food paradise selling navettes (canoe-shaped biscuits flavoured with anis and orange blossom) and nougat noir (made from honey, caramelised sugar and toasted almonds) as well as papaline, the local

speciality, made from chocolate and oregano liqueur chocolate. Also in Avignon, is Liquid, a refreshingly modern drinks emporium which specialises in selling Côtes du Rhône. **The wine of Provence** is a bewildering subject, but essentially, aside from the Rhône reds, rosé is the wine of choice here, especially that from Bandol and Les Baux. Here, the majority of growers are good environmentalists. Try **Domaine de la Vallongue** (vallongue.com) in the pretty village of Eygalières for a good selection of organic wines. In Les Baux itself you can learn the secret of the grapes on a winey walk at Mas Ste-Berthe (00 33 490 54 39 01), and buy as well.



Enjoy a wide variety of olives and try the local olive spread, tapenade

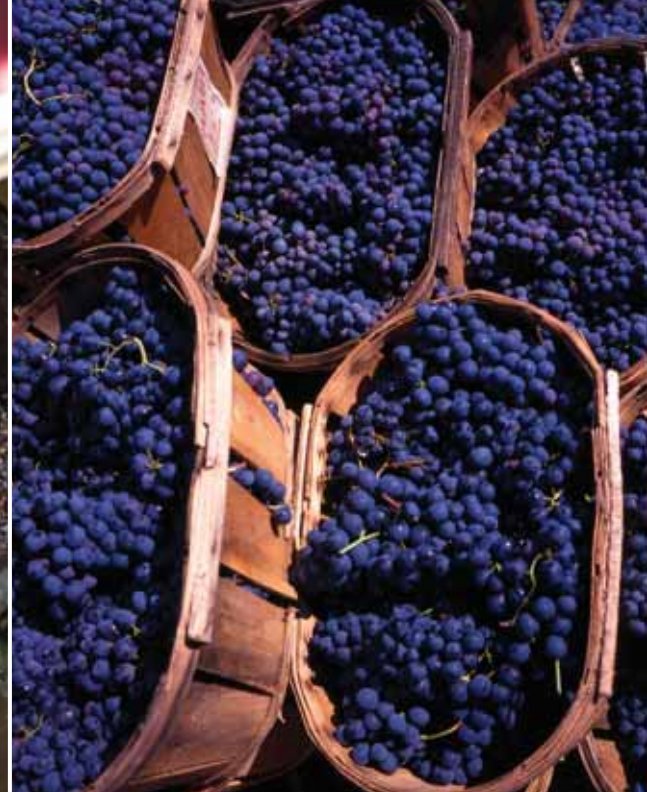
Dordogne

The area of south-west France that the British call The Dordogne (known locally as Périgord) is intensely rural – a region of small traditional farms and impressive châteaux in land criss-crossed with vines. It is a carnivorous part of the world – famous especially for duck and goose (and, increasingly, ostrich), which are served as confit. Equally popular is capon, pheasant and pigeon, which might appear as a galantine (a cold dish of boned, stuffed, pressed poultry) or as ballontine (its warm equivalent).

LOCAL SPECIALTIES

Top of the culinary tree is foie gras. Enthusiasts eat theirs on toasted brioche with a glass of the sweet white Monbazillac. It's hard to think of a better present for a serious foodie than a trip (individual or group) to Auberge de la Petite Reine (petite-reine.com) where you can learn to make your own foie gras (visit arachnis.fr for more information)! If you're shopping for foie gras, read the labels carefully as some livers may actually be imported. The best buys are from small markets or direct from small producers. Goose (d'oie) is finer and pricier, but duck (du canard) can be more tasty. Expect to pay 15 for a 140g tin of pâté de foie gras (about 50 per cent foie gras, 50 per cent pork, often flavoured with a 'black diamond' of truffles). Parfait de foie gras is about 75 per cent foie gras to 25 per cent pork and delices de foies gras contains only about 25 per cent foie gras – the rest is a mousse combining ingredients from pork to eggs.

Truffles, which used to be rooted out by pigs, but are now hunted by hounds, are best eaten fresh – they only keep for about a week (returning with some in brine will prove a disappointment). Sorges (20km north of Périgueux) calls itself 'the capital of truffles' (as do several other Dordogne towns), but it does have a major truffle market on the third Sunday in January and La Musée de la Truffe. After a bi-lingual explanation of where truffles grow, you are encouraged to walk 3km through fields neighbouring the 'museum'. The adjacent Sorges tourist office organises these tours and a chance to try truffle-flavoured toast. While here try the omelette aux truffes from chef Pierre Core at Auberge de la Truffe (auberge-de-la-truffe.com).



SHOPPING AND EATING OUT

Truffles are also available in the market every Wednesday and Saturday in Périgueux (November-March). Périgueux is food heaven, a town that has even the most discriminating Parisian gourmand open-mouthed with wonder. Aside from the twice-weekly market you'll find fabulous shops on rue Sagesse where you can stock up on smoked pork sausage, honey cake and tins of confit. La Ferme de St Louis, in the market square, is a good place to have lunch. More seriously Restaurant Le 8, near the cathedral, is an innovative restaurant where homemade foie gras is the star turn. The Puy-St-Front area of Périgueux has a large number of good restaurants and Au Bien Bon, at 15 rue des Places, is good for regional fare.

For 'serious' regional cooking – market-fresh traditional cuisine in a refined setting – try Les Clos Saint Front (lesclossaintfront.com). The Tourist Office, 26 Place Francheville, Périgueux (tourisme.perigueux@perigord.fr) is the best source for places to eat or buy local produce. There are regular markets all year round that sell local honey, goat's cheese, fruit (the Dordogne is the primary strawberry-producing area of France), homemade jam and confits. The Dordogne, though popular in summer, comes into its own for food in autumn; walnuts, for example, are available every Wednesday in Montignac and Riberac, and on Fridays in Brantôme, from October to December.

Throughout September, ceps get their own fair every day in Villefranche-du-Périgord and Thursday afternoons in Montpazier's Place des

Cornieres. And in Brantôme, a charming town of medieval and renaissance houses, you'll be spoiled for choice with ivy-clad romantic restaurants at every turn. Hotel Chabrol (hotelchabrol.com), is right on the river Dronne. Eat millefeuille de ris de veau au fois de canard et truffe, then go for a good long walk around the Abbey.

TOURING THE VINEYARDS

The Dordogne borders the great Bordeaux wine-growing region, the largest in the world. This is the home of the aristocracy of French wine – Pomerol, St Emilion, Pauillac and Margaux. It's impossible to explore them all, but in St Emilion it is made easy to find out and to buy. The Maison du Vin (maison-duvin.com) offers wine tastings and can tell you about tours (in English and, in summer, on a special vineyard tourist train). In Lussac, you can stay in some of the châteaux, and eat well and taste wine for buying. Château de Roques (chateau-de-roques.com), with wine cellars cut from the rock, is set among its own vineyards and offers excellent country cooking.

GETTING THERE

Emirates offers direct flights from Dubai to Paris, from where it is easy to find local flights, trains or driving routes to these regions. Ticket prices start from Dhs4,500, visit emirates.com.

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Toaster pita pockets

SERVES 1 Easily multiplied

● PREP 5 mins plus toasting

● NO COOK **Easy**

1 mini pita

1 tbsp soft cheese

1 tbsp grated Cheddar

Your favourite fillings – chicken, tomatoes, sweetcorn, ready-roasted peppers from a jar and tuna are good

1 Pop the pita into the toaster for 30 secs-1 min, until just puffed but not crisp. Mix together the cheeses.

2 Slice an opening at one end of the pita and use a teaspoon or a knife to spread the cheese mixture in.

3 Push in your favourite fillings, gently squash the pitta closed, then put back in the toaster – cut-side up.

4 Toast for 1-2 mins until golden and crisp.

PER SERVING (with meat and tomatoes)

333 kcals, protein 15g, carbs 43g, fat 13g, sat fat 7g, fibre 2g, sugar 4g, salt 1.91g



Mini chilli beef pies

MAKES 24 ● PREP 25 mins ● COOK 1 hr **Easy**

450g pack ready-rolled shortcrust pastry sheets

FOR THE QUICK CHILLI

1 tbsp sunflower oil

1 small onion, chopped

2 tsp hot chilli powder

250g pack beef mince

85g tomato purée

150ml beef stock

200g kidney beans, drained and rinsed

FOR THE MASH

1 large potato (about 250g), peeled and cut into chunks

3 tbsp soured cream

2 tbsp chopped chives

1 To make the chilli, heat oil in a pan and fry the onion for 5 mins until soft. Add the chilli powder and fry for 1 min. Stir in the beef and cook for a few mins. Add the tomato purée and stock. Give it a stir, bring to the boil, then simmer for 15-20 mins until very little liquid is left. Add the beans 5 mins before the end of cooking. Check the seasoning and cool.

2 Heat oven to 200C/180C fan. Using a 7cm pastry cutter, stamp out 12 circles from the pastry. Use to line a 12-hole mini muffin tray, prick the base of the pastry with a fork, and bake for 10 mins. Remove from oven and cool on a wire tray. Repeat with remaining pastry.

3 Meanwhile, cook the potato in boiling water until tender. Drain, mash with the soured cream and seasoning, then stir through chives. Spoon 1-2 tsp of chilli mix into the pastry cases and top with a tsp of mash. Ruffle the mash with a fork and then return to the oven for 15 mins until golden. *Can be assembled and frozen for up to 1 month. Cook from frozen at 180C for 20 mins.*

PER SERVING 137 kcals, protein 4g, carbs 13g, fat 8g, sat fat 3g, fibre 1g, sugar 1g, salt 0.33g



Cauli-macaroni cheese

SERVES 4 ● PREP 15 mins ●
COOK 20-25 mins **Easy**

300g rigatoni, penne or macaroni
1 small cauliflower, separated into florets
200ml crème fraîche
2 tsp wholegrain mustard
175g Red Leicester cheese, grated
2 tomatoes, cut into wedges

1 Cook the pasta in boiling water for a couple of mins. Tip in the cauliflower, bring back to the boil and cook for a further 8-10 mins until both the pasta and the cauliflower are tender but still firm to the bite. Drain well. Heat a grill to high.
2 Add the crème fraîche, mustard and most of the cheese to the pasta pan. Stir over a low heat until the cheese just starts to melt. Tip the pasta and cauliflower into the cheese sauce and gently stir together. Season and transfer to a flameproof dish.

3 Scatter the tomatoes over the top followed by the rest of the cheese and some pepper. Grill for about 5 mins until browned and bubbling.

PER SERVING 678 kcals, protein 26g, carbs 64g, fat 38g, sat fat 23g, fibre 5g, sugar 7g, salt 0.89g

Sausages with quick onion gravy & sweet potato chips

SERVES 4 ● PREP 5 mins ●
COOK 40-45 mins **Easy**

2 large sweet potatoes, (about 800g/1¾lb) cut into wedges
3 tbsp vegetable oil
8 plump sausages
365g/12oz jar onion marmalade

1 Heat oven to 200C. Put the wedges into a large roasting tin. Drizzle over 2 tbsp of the oil and toss the wedges to coat. Roast for 40-45 mins until cooked through and crisp.
2 Halfway through the cooking time, heat the remaining oil in a frying pan. Add the sausages and cook for 20 mins, turning regularly until cooked through.
3 Drain off any fat and add the onion marmalade, with about 100ml water. Stir well then heat through. Serve with the sweet potato chips.

PER SERVING 750 kcals, protein 16g, carbs 104g, fat 33g, sat fat 10g, fibre 8g, sugar 66g, salt 3.61g



TIP If you can't find ready-made onion marmalade, thinly slice one or two big Spanish onions and cook in a little olive oil and melted butter over a gentle heat for about 40 mins, stirring from time to time. Stir in a spoonful or two of balsamic or sherry vinegar, season with black pepper and cook for 10 mins more.



Puff pizza tart

SERVES 4 ● PREP 5 mins ●
COOK 15-20 mins **Easy**

375g sheet ready-rolled puff pastry
5 tbsp red pesto
70g pack sliced salami
125g ball mozzarella, torn into pieces
Drizzle extra virgin olive oil (optional)
Handful rocket, to serve (optional)

1 Heat oven to 220C. Unroll the pastry onto a large baking sheet and prick all over with a fork.
2 Spread over the pesto, leaving a border of roughly 2.5 cm around the edge.
3 Layer on the salami, top with the torn mozzarella and some seasoning, then bake for 15-20 mins until the pastry is golden, risen and crisp.
4 Drizzle with a little extra virgin olive oil, if you like, and scatter over some rocket.

PER SERVING 597 kcals, protein 18g, carbs 28g, fat 47g, sat fat 19g, fibre 1g, sugar 1g, salt 2.29g



Crispy corn pancakes

SERVES 4 ● PREP 15 mins ● COOK 15 mins **Easy**

2 medium eggs
5 tbsp milk
25g butter, melted
85g self-raising flour
330g can sweetcorn, drained
2 spring onions, finely chopped
4 tbsp sunflower oil
TO SERVE

4 tomatoes, cut in half
Olive oil, for drizzling
Chilli sauce to serve

1 Heat the grill to high. Whisk the eggs, milk and butter together. Whisk in the flour and a large pinch of salt until smooth, then mix in the corn and the spring onions.

2 Put the tomatoes cut-side up on a large baking tray, drizzle with olive oil and season with salt and pepper. Grill for 8-10 mins until the tomatoes have softened.

3 Next, heat the sunflower oil in a large frying pan. Add 4 large spoonfuls of the batter and fry for 1-2 mins on each side until the pancakes are puffed up and golden. Lift out onto a plate lined with kitchen paper and cook the remaining 4 pancakes.

4 Serve with the tomatoes and chilli sauce.

PER SERVING 309 kcals, protein 7g, carbs 26g, fat 20g, sat fat 6g, fibre 2g, sugar none, salt 0.43g

TIP These are great served with soft boiled eggs too. To add extra flavour, add large mushrooms to the recipe, grilling them together with the tomatoes.

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Mediterranean made easy

At our latest Food Club event at Hacker kitchen, French chef, Maxime Le Van, from Kitchen 45, Embassy Dubai, showed members how to master three mouth-watering Provençal dishes – they are simpler to make than you think!

Photographs CRIS MEJORADA



Chef Maxime in action



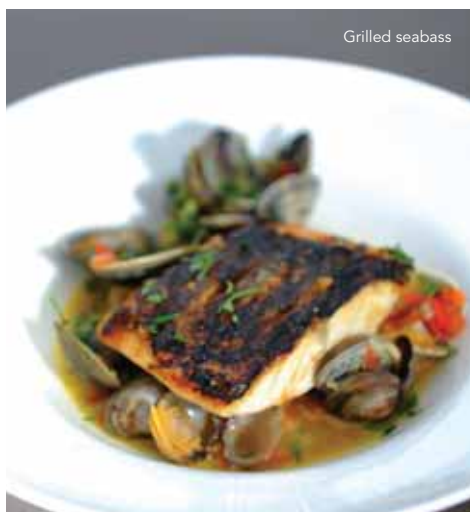
Adding final touches to the dessert



The experts show how it's done



Chilled pistou soup



Grilled seabass



Juicy berries with Greek yoghurt





Picking up valuable pro tips



Some guests got hands on!



Guests enjoyed sampling the dishes



Lucky winners got dinner vouchers



The chef played to a full house



Chilled pistou soup

SERVES 4

FOR THE TOMATO CONSOMMÉ

500g cherry tomatoes, on vine
2 celery sticks
1 large carrot, peeled
1 large shallot, peeled
1 small red Thai chilli, to taste
1 sprig of fresh thyme
2 cloves of garlic
1 tbsp sugar
1 tbsp white balsamic vinegar
250g of ice cubes, preferably made from mineral water
salt and freshly ground black pepper to taste

FOR PISTOU

1 bunch fresh basil
2 garlic cloves
100g extra virgin olive oil
salt and freshly ground black pepper to taste

FOR GARNISH

2 baby green marrow (or 1 small green courgette), sliced
1 small yellow courgette, sliced
1 small fennel, diced
60g extra fine green beans, chopped
60g fresh broad beans, peeled
60g of quartered cherry tomatoes on vine

1 small carrot, diced
40g parmesan shavings
a couple of basil leaves

STARTER

1 To make the consommé, blend all ingredients, using a food processor, until it reaches a fine crushed ice texture. Place in a colander over a jug and allow it to drip slowly (the mixture of melted ice and vegetables will filter the taste of the consommé.) Taste to check seasoning and reserve in the fridge when it is strained completely.

2 To make the pistou, roughly chop the basil leaves and place in a mortar with garlic. Crush using a pestle, until it reaches a chunky puree. Slowly add olive oil and continue using the pestle to crush. Season to taste and refrigerate.

3 To garnish, blanch all vegetables (except tomatoes), until al dente. Cool and quickly place the green ones in ice water to keep them bright green.

4 To serve, mix all vegetables in a bowl, season with salt, fresh ground black pepper and olive oil. Place in a soup bowl, pour the consommé over and add a spoonful of the pistou. Garnish with parmesan shavings and basil.



MAIN

Grilled sea bass, clams 'Provençal' & confit potato

SERVES 4

600-800g of large sea bass fillet
400g of clams

FOR POTATO CONFIT

1kg potato
400g extra virgin olive oil
500g of cooking oil (either sunflower
or corn oil)

1 head of garlic
1 bouquet garni (thyme, rosemary,
sage, bay leaf)

Salt and black peppercorn

GARNISH FOR THE CLAMS

80g cherry tomato, chopped
40g red pepper, diced
40g fennel, diced
40g shallots, diced
4 garlic cloves, peeled and crushed
½ bunch of flat leaf parsley
Zest of 1 lemon
Juice of 2 oranges
50ml extra virgin olive oil
Salt and freshly crushed black pepper

1 Portion the sea bass, score the skin and reserve. Wash the clams under running cold water to ensure all sand is washed off. Keep in clear ice water to keep them fresh.

2 For the potato confit, mix the olive oil with the vegetable oil. Pour and heat in a large pan and fry the garlic with the bouquet of garni and few black peppercorns. Heat gently and try to stabilise the temperature at around 130C.

3 Preheat the oven to 150C, peel the potatoes, slice into 2cm thick wheels and soften the edges by trimming with a small knife. Rinse well and place in a colander, sprinkle with salt and leave aside for 10 minutes. Rinse again and drain well. Place in the oil and then place a greaseproof paper on top to cover it. Cook in the oven until soft.

4 For the garnish for the clams, mix all ingredients and reserve.

5 Grill the seabass – skin side down – and finish cooking in the oven. Roast the potatoes gently in foamy butter and cook clams with the garnish on high heat in a small pan with lid on. Place on a plate and serve.

TIP Always remember to throw away opened clams as they might taste a bit off. Also, do not overcook the sea bass as the crispy skin tastes delicious.

Juicy berries with Greek yoghurt and truffle honey

SERVES 4

DESSERT

1 punnet of raspberries
1 punnet of blueberries
1 punnet of blackberries
1 small punnet of strawberries
150g of sugar
250g of mineral water
5 cracked cloves
5 pcs. star anise
10 black peppercorns
5 grains of cracked green cardamom
1 small stick of cinnamon
½ a gelatin leaf, soaked in icy water
or 5g gelatin powder
200g of Greek yoghurt
40g of white truffle honey

1 For the berries, make a syrup with the sugar, water and all the spices, keeping it on gentle simmer to get the best flavours out of the spices. Strain over a large pan and keep on low heat. Slowly quarter the strawberries and half the blackberries and then place all the berries in the syrup. Place lid on top and cook for 30 seconds.

2 Add the gelatin and turn off the heat, allow to cool down at room temperature and then reserve in the fridge.

3 To serve, place some berries in cups or glasses. Add a big spoonful of Greek yoghurt and add a drizzle of truffle honey.



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WIN! WEEKEND BREAK AT KEMPINSKI HOTEL AJMAN

Enjoy a fabulous 5-star break for two at this relaxed beach resort. Located conveniently at the end of the Corniche, the hotel boasts exquisite views of the sea and has direct access to the private sandy beach. This package includes breakfast, dinner and other activities.



IFTAR FOR TWO

If not for the weekend, you can also head here to this Ajman retreat for a relaxed Ramadan dining experience. Experience Arabian culture, indulging in a buffet of Arabic salads, dips, traditional dishes and sweets, while overlooking the picture-perfect sandy beach.

WIN!

MEAL FOR TWO AT MEZZALUNA, EMIRATES PALACE

This fine-dining Italian restaurant offers delicious Mediterranean culinary delights. Take in the views of the beach and marina, while dining in luxury.



MEAL FOR TWO AT SAYAD, EMIRATES PALACE

Sayad which translates to fisherman in Arabic, is known for its delicious seafood. Try unique delicacies like spinach bread and spicy flakes, sautéed mussels in lemon juice, and coconut served with chorizo, ending with decadent desserts, in a sumptuous setting.

WIN!

DINNER FOR TWO AT TRAITEUR, PARK HYATT DUBAI

Enjoy a gourmet degustation menu of European specialties along with a bottle of wine at this luxe French brasserie-style restaurant.



WIN! HALLA NIGHTS DINNER FOR TWO AT NA3NA3, THE ADDRESS DUBAI MALL

Dine on tasty authentic cuisine at this Arabic restaurant. Begin with freshly prepared oven bread and Saj, before feasting on other Middle Eastern specialties, while listening to soothing tunes of live oud performances.



WIN!

IFTAR AT DUNES CAFE, SHANGRI-LA DUBAI

Enjoy an extensive buffet in Dunes Café with an array of grilled dishes, salads and dips, plus desserts, while enjoying traditional music.



WIN!

GIFT HAMPERS FROM DELICIO

Four lucky winners will get a chance to win one gift hamper weekly. The hamper includes salad dressings such as Ranch, Sweet Thai chilli, 1000 island, French and Italian, plus mayonnaise, ketchup, mayochup and barbecue sauces to make dishes more flavourful.



WIN!

MEAL FOR THREE AT CHILLI'S

This casual family restaurant has recently launched a new menu that includes mouth-watering triple dippers, chipotle pesto pasta, crispy shrimp tacos and avocado burger.

WIN! IFTAR FOR TWO AT THE ADDRESS DUBAI MARINA

Enjoy a buffet of International and Arabic cuisine at the stylish Constellation ballroom, offering additional Arabic specialties such as lamb ouzi, mixed grills and delicious decadent desserts. Check out our review on p22 to find out more on what to expect.



WIN! IFTAR FOR TWO AT CHANNELS, MEDIA ROTANA

Known for their regular theme nights, the casual all-day dining restaurant offers a wide variety of international dishes. Tuck into the Iftar buffet which offers authentic Arabic and international cuisine.

To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website. Winning was never this easy!



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It's back!

And it's bigger and better than ever. The BBC Good Food Middle East awards, known for celebrating the best foodie experiences and brands in the UAE, enters its third year. And it all starts here!

Creating new benchmarks in the industry, the awards are now entirely vote-based! Nominations will open on July 15, 2012, so log on to www.bbcgoodfoodme.com to get your favourite restaurants and food brands into the running. By nominating, you also stand a chance to win a special prize – stay tuned for details.

bbcgoodfoodme.com/bbcgf/awards/2012

THE CATEGORIES

RESTAURANTS

Fine Dining

- ❖ Restaurant of the Year Dubai
- ❖ Restaurant of the Year Abu Dhabi
- ❖ Best New Restaurant Dubai (Opened on or after January 2012)
- ❖ Best New Restaurant Abu Dhabi (Opened on or after January 2012)
- ❖ Best European restaurant
- ❖ Best Asian restaurant

- ❖ Best Latin American restaurant
- ❖ Best Indian restaurant
- ❖ Best Middle Eastern restaurant
- ❖ Best Steakhouse
- ❖ Best Brunch
- ❖ Best Italian restaurant
- ❖ Chef of the year

Casual Dining

- ❖ Best European restaurant
- ❖ Best Asian or Indian restaurant
- ❖ Best Middle Eastern restaurant
- ❖ Best Cafe

HOME COOKING

Ingredients

- ❖ Favourite Supermarket
- ❖ Favourite Speciality Food Store/Market
- ❖ Favourite Store cupboard item
- ❖ Favourite Dairy brand

- ❖ Favourite Olive oil brand
- ❖ Favourite Tea brand
- ❖ Favourite Coffee brand
- ❖ Favourite Juice brand

Accessories

- ❖ Favourite Large Kitchen Appliance brand
- ❖ Favourite Small Kitchen Appliance brand
- ❖ Favourite Tableware store



I'm a foodie... are you?

Sign up to our Food Club today and you can enjoy special privileges including:

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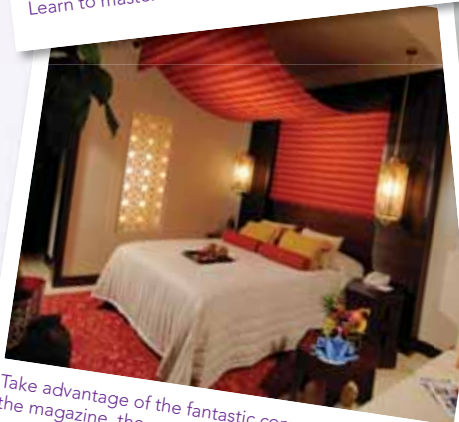
Learn to master delicious dishes at our masterclasses



Chef Maxime Le Van from Kitchen 45, Embassy Dubai



Get cooking with top chefs of the UAE



Take advantage of the fantastic competitions we run in the magazine, the newsletters and online



Meet and mingle with other foodies at our regular events



Get a taste of some of the best restaurants in the region

What they said

Feedback from our Food Club members:

• *Huge compliments to the team for a stunning Masterclass event. They are presented so professionally and are a fantastic showcase for the chefs and their restaurants.* 🍷 – Paul Conroy

• *Thank you for the invitation to the Masterclass. We really enjoyed ourselves and look forward to replicating the menu when we next have friends over.* 🍷 – Liz Sandford

• *Just wanted to say thanks very much for another wonderful, educational and tasty evening. My husband and I are very grateful to be able to attend these events.* 🍷 – Annette Duke



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CHEF LIJ AND KARI HERON

The foodie husband and wife duo, Lij, chef at a fine-dining restaurant in a luxury hotel and Kari Heron, food and lifestyle photographer, are authors of the blog Chef and Steward. Originally from Jamaica, the couple who live in Al Quoz, enjoy entertaining at home, and can usually be found listening to music and reading when not cooking up a storm in their kitchen.

“We are always open to unique tasty foods and eat almost anything. The best meals are those which trigger new emotional experiences.”

Favourite cuisine

Our favourites are definitely Asian and Jamaican, as we like the spicy kick and combination of sweet and sour flavours in a dish.

Food inspiration

We both grew up in homes where meals were made up of what was available in the pantry and were taught to cook based on taste, flavours and creativity, so most of our recipes are about celebrating the spontaneity of cooking with your taste buds.

Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

*About the blog

Chef and Steward is a way of helping everyday home chefs get inspiration, tips, techniques and recipes that are quick, healthy and tasty. We share our passion and interests to improve the experience for kitchen novices and try to tempt people with our mouth-watering recipes and images. On the blog you will also find tips and various techniques, as we like to teach our readers, and help them realise that particular dish is worth creating.

Culinary icon

Lij: Marco Pierre White is my icon, as his determination to overcome adversity is inspiring.

Kari: My grandmother, as she is the quintessential home cook who took pride in cooking lip-smacking dishes every day.

Guilty pleasure

We both think that a grade 6-8 Wagyu Ribeye makes a bad day go away.

Midday fix

I (Kari) like a cup of Oolong or Earl Grey tea with scones, clotted cream and jam. My husband does tasting of dishes and pastries throughout the day, so rarely needs a midday snack!

Top cooking tips

- Use sharp knives! Dull knives tend to slip, which leads to horrible nicks and cuts.
- Instead of using vanilla essence, use pods, as they have a unique fragrance and taste. Make sure to use the seeds from indise or make your own extract (see recipe on the blog).
- Mise en Place! This refers to preparing ingredients and placing them in single bowls on the counter, before preparing a dish. This keeps you from forgetting essentials, while making your workflow easier.

FAVOURITE RESTAURANTS

For breakfast: *Jensui at the Burj Al Arab* – every great day should start at this hotel!

For lunch: *Zuma* – a fun, funky place to have a business meeting.

For dinner: *Rib Room* – they have the best Wagyu in town.

Secret ingredient

Salt! Never underestimate the power of salt to liven up dishes and bring the flavours of a dish together.



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